## oetternutrition

THE SHOPPING MAGAZINE FOR NATURAL LIVING OCTOBER 2015 | betternutrition.com

**TIPS FOR** 

NON-GMO

**EATING** 

BREADS MUFFINS, GLUTEN-FREE, GRAIN-FREE ... OH SO GOOD!

HOMEOPATHIC

for anxiety, trauma, & panic attacks

**ANSWERS FOR** THE MOST COMMON **QUESTIONS** 



MAZING HERBS **FOR FALL** & WINTER HEALTH, p. 36

Plus!

WHAT TO TAKE FOR BEAUTIFUL HAIR, SKIN, & NAILS, p. 24



David Perlmutter, M.D.
Board Certified Neurologist,
#1 New York Times
Best-Selling Author
& Expert in the
Human Microbiome

## Dear Friends,

What an exciting time it is to be involved in health and wellness! Suddenly, we have been presented with an entirely new paradigm that's dramatically changing our perception of how our most fundamental physiological processes are regulated within our bodies.

Just a decade ago, no one would have considered that the human *microbiome*, the collection of more than 100 trillion organisms living within the intestines of each and every one of us, would be playing such a pivotal role in supporting immune function, aiding in digestion and our ability to absorb nutrients from our foods, helping us maintain healthy blood sugar levels and so many other body activities.

But this is what our most leading-edge research institutions around the world have now validated. And in retrospect, it comes as no surprise. Considering the fact that 99% of the genetic material in each of us is *bacterial* DNA, not the DNA we've inherited from mom and dad, coupled with the fact that the bacteria living in the gut outnumber the cells of our body by a factor of ten to one, the powerful sway of the microbiome across all of our most fundamental life processes is further validated.

I am a board-certified neurologist. And the training and clinical experiences I've had over the past 35 years in dealing with brain health, as well as general health, have provided me a strong platform in terms of practicing medicine using the intense array of modern medicines and other interventions. But without question, our most powerful allies in maintaining health reside within us. And as a fellow of *The American College of Nutrition*, it has become eminently clear that our choices in terms of food and nutritional supplementation are among the most important decisions we make. This is especially important from the perspective of how these choices nurture our microbiome.

The word doctor actually means *teacher*. As such, I look upon my role as challenging me to do my ultimate best to provide the widest audience possible with the most meaningful, validated and actionable information and products to cultivate and sustain optimal health. I am honored to work with *Garden of Life* in our quest to achieve this goal. The products we have recently unveiled are specifically designed and formulated to nurture the microbiome, our most powerful leverage point for health and wellbeing.

Yours in health,

David Perlmutter, MD, FACN ABIHM

David Perlmetter, Mo

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synergistically to support a healthy, whole food, organic diet. Probiotics are good bacteria to support digestive and immune system health. 
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the growth of healthy bacteria, support healthy elimination and help maintain already healthy blood sugar levels.

For more information visit www.GardenofLife.com Available at Fine Health Food Stores Nationwide







## **FEATURES**

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From colds and flu to holiday stress and the winter "blahs," the cold-weather months always bring a unique set of health challenges. Fight back this year with powerful botanicals that can boost immunity, improve mood, help you sleep—and a lot more!

## **44** Breast Health: Your Questions Answered

When and how often should you have a mammogram? Should you eat soy? What about exercise and supplements? World-renowned oncologist Isaac Eliaz, MD, LAc, answers these and other commonly asked questions about breast health.

## 52 Beyond Gluten-Free

You've heard of gluten-free, but what about grain-free? Based on Paleo diet principles, grain-free means no gluten or grains, and not much, if any, sugar. Discover how good going against the grain can taste with our selection of breads and other baked goodies.

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Dehydrating concentrates fruit and veggie flavors while retaining their nutrients, enzymes, and fiber. A holistic chef shares tips for dehydrating success.

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Terrific turmeric blends; a new line of acne skin products; potent probiotic drink packets; a genius brain booster; and herbs to help you breathe.

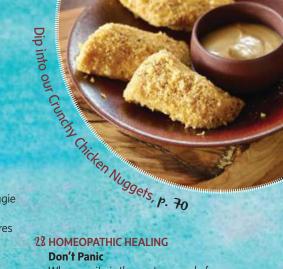
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This little known carotenoid from the sea is making big waves in the world of natural health—find out how this antioxidant powerhouse can help you.

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These hair-, skin-, and nail-enhancing nutrients prove that beauty is much more than skin deep.





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## Youth Boost from the Sea

Found in algae and certain types of seafood, astaxanthin has multiple antiaging uses, p. 22.

# From peginning to end: support all the way through.





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## editor's note

## HERBAL **MAGIC**

n a recent tour of Gaia Herbs' beautiful farm in Brevard, NC, I fell in love with herbs all over again and their multifaceted, and



often mysterious, healing powers. I've always

liked herbs and believed in their ability to restore the body to health. Most of my herbal knowledge comes from information that I've either read or heard about from herbalists and other natural health practitioners—all done from the comfort of my office or on a trade show floor. But visiting an herbal farm—one that, impressively, features only ecologically wild crafted and organic trees and plants—gave me a whole new perspective and appreciation for herbal medicines.

Did you know, for example, that ginkgo can do much more than improve your memory? According to herbalist and Gaia Herbs founder Ric Scalzo and naturopath Mary Bove (our farm tour guides), ginkgo enhances circulation and can be used for whole-body wellness. It can also be useful for treating depression in seniors, cold hands and feet (Raynaud's syndrome), and tinnitus, in addition to boosting brain function and memory. And a recent trial showed that the combination of turmeric, bilberry, and ginkgo helped deter amyloid plaque formation—a condition associated with Alzheimer's disease. "Herbal medicines work in a variety of ways within the body, and they can be even more effective when combined with other herbs," says Bove.

"We need to become more responsible with herbs in the US," says Scalzo, who stressed the importance of testing herbal supplements for purity, potency, and integrity. Gaia Herbs has been a leader in transparent and traceable manufacturing. They launched a unique program several years ago called Meet Your Herbs—every Gaia Herbs product contains a number that allows you to learn (via gaiaherbs.com) where the herbs in the formula came from and how they were processed and validated, among other things.

Now it's your turn to experience the health benefits of herbs. See p. 36 for a seasonal guide to herbs and how you can improve all areas of your health with them, from preventing colds to easing inflammation to chasing away the blues. Happy fall, everyone!





## Skinny Smoothies for fall!

Visit betternutrition.com to read our "Skinny Smoothies" blog. In this month's column, nutritionist Daniella Chace, MS, CN, explains how breakfast blender drinks can help you lose weight or keep from gaining weight. Featured recipes— available only online—include COCONUT COFFEE and VANILLA ORANGE CREAM.

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## YOUR GUIDE TO NATURAL LIVING

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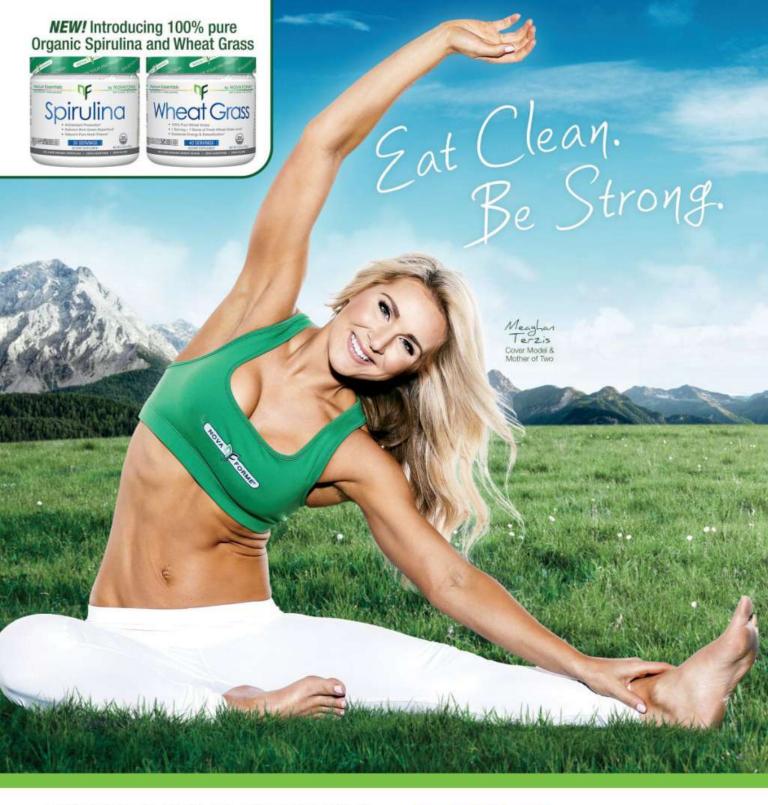
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Dr. Marita Schauch is an expert on women's health and, in addition to her clinical practice, keeps a busy lecture schedule. Dr. Marita is a co-author of *The Adrenal Stress Connection*, as well as the author of *Making Sense of Women's Health* and her latest book *Collagen Myths & Misconceptions*. She is also a women's health educator for Natural Factors.



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## **ELDERBERRY FIGHTS COLDS ON LONG FLIGHTS**

Long flights make it easy for viruses and bacteria to spread, increasing risk for colds. But elderberry can reduce the discomfort. A study of 312 economy passengers in Australia, whose flights lasted at least 7 hours, found that two to three 300 mg daily doses of a standardized elderberry extract decreased the severity and duration of colds. The herb has strong antioxidant, antibacterial, and antiviral properties. Research results were presented at the 21st Annual International Integrative Medicine Conference in Melbourne, Australia.

## EXERCISE AFTER A HEART ATTACK

There can be complications after a heart attack, due to scarring, thinning of tissue, and other structural changes in or around the heart, but exercise can decrease damage. Animal research in Germany, published in the American Journal of Physiology—Heart and Circulatory Physiology, found that aerobic exercise could reduce the scarring and other harmful changes, reduce inflammation, and assist in recovery. Ideally, exercise would have also been part of an individual's routine before a heart attack, but even if it wasn't, it can still aid in recovery. "Our results suggest that the





## **DEHYDRATION** DOs AND DON'TS

"Dehydrating is a really healthy way to preserve foods, make them portable, prevent waste, and enjoy seasonal fruits and vegetables year-round," says holistic chef Shelley Alexander. Done correctly, dehydrating removes the moisture from fresh food while concentrating flavor and retaining all the nutrients, natural enzymes, and fiber. If you've never prepared food this way, these are some of Alexander's top tips:

- > Use a good-quality dehydrator—such as any Excalibur model—that circulates heated air evenly and maintains a consistent temperature. Otherwise, you run the risk of bacteria or mold, and unevenly dehydrated food.
- > Cut larger fruits and vegetables into 1/2-1-inch slices (not thinner) and break up kale leaves into pieces after removing the center stem.
- > For fruits that naturally turn brown, spray slices with **lemon juice** before dehydrating.
- > Set temperature at 135-145°F for the first 2-3 hours, then reduce heat to 105–117°F. This will remove moisture quickly and prevent bacteria or mold. However, it won't destroy enzymes because moisture in the food keeps its temperature at least 20 degrees cooler than the air temperature while most moisture is being removed at the higher temperature. (Enzymes are believed to start degrading at around 117°F.)

## TIME IT RIGHT

Dehydrating times will vary, depending on natural levels of moisture and sugar. Some approximate times:

- > 5-8 hours for apple chips
- > 8-10 hours for kale chips
- > 16-18 hours for banana chips
- > 20-25 hours for tomatoes

Foods should be dry to the touch, not sticky, and crispy in the case of "chips." They can be added to cereals, salads. soups, sauces, or eaten as snacks. For seasoning and recipe tips from Alexander. visit aharmonyhealing.com.





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## trendwatch

## Is Your Office **Making You Sick?**

Indoor air pollution in sealed office buildings can lead to mysterious symptoms, called sick building syndrome, which disappear a few hours or days after leaving the building. Symptoms can include feeling tired or lethargic, nasal congestion or a runny nose, dry or itchy eyes, dry skin, dry throat, headache, flu-like symptoms, or difficulty breathing. Photocopy machines, laser printers, and other office machines are among the pollution culprits. However, a study of 350 people, published in the journal Vitamin & Minerals, found that a daily multivitamin which enhances immunity by correcting deficiencies in essential vitamins and trace minerals—

can reduce or alleviate symptoms.

## **Beauty Blogger Reports**

## **New Skin Cream Can Reduce Nasolabial Folds**

(Deep Lines at sides of nose to mouth)



Gigi Parker whose blog "Fab Fit Forties" features health and beauty tips, reported her test of a new cream that targets Nasolabial Folds; one of skin care's toughest problems.

The Product: Nasolabial Fold + Multi IMPROVEMENT! Peptide Cream by Reviva Labs, a natural skin-care company distributed in Health Food And Cosmetic Stores.

Her blog explained that Reviva Labs research discovered that nasolabial folds are not only the result of "smile or frown lines", but the loss of cheek fat. Reviva reports "as we age the cheek fat slides down toward the nose, causing skin sag and folds. Reviva's cream features special new peptides that can increase fatty tissue volume, helping folds look less pronounced.

Although Reviva's Nasolabial cream can be used alone, "Fab Fit Forties" Parker decided to utilize it in Reviva's popular 3 step layering process, applying Reviva's Energizing Gel or Hyaluronic Acid

Serum, then 5% Glycolic Acid Cream before targeting the folds with Reviva's new Nasolabial Multi-Peptide Cream.

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Gigi Parker "Fab Fit Forties Blog."





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That's how much excess weight was lost, on average, by people who had **bariatric surgery,** five years after the size of their stomach was permanently reduced, according to a study of more than 300 patients published in JAMA Surgery. Although initial weight loss was greater, there was significant weight regain over time. In cases involving type 2 diabetics, about half experienced remission after the surgery, but only 20 percent remained diabetes-free after five years.



That's how many Americans are able to eat dinner around the table with their family, without distractions such as someone answering texts, according to a survey by the Los Angeles-based La Brea Bakery. However, 92 percent of survey respondents said that eating a meal with others provides a great opportunity to catch up with family and friends.



Among people who eat gluten-free foods, 24 percent started to do so by accidentally buying a gluten-free product **and then liking it,** according to research by the Natural Marketing Institute. Of those surveyed, 51 percent eat gluten-free foods to improve overall health.

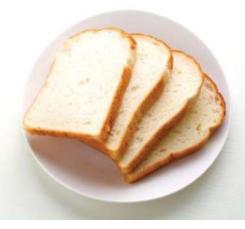


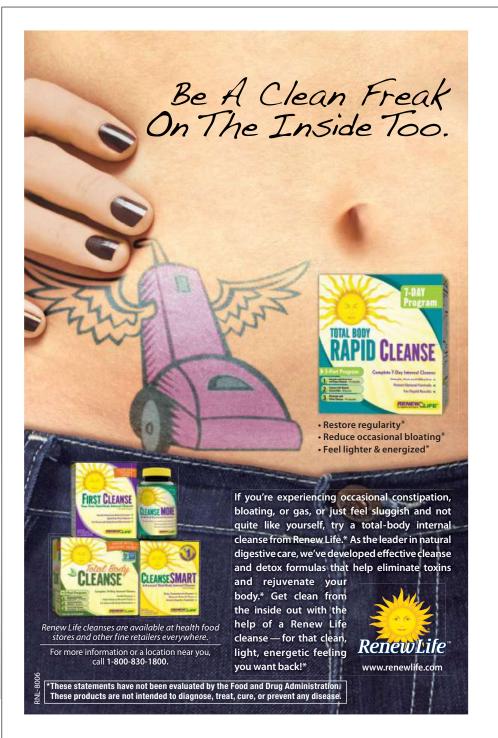
## **KEEP DIABETES AT BAY WITH MAGNESIUM**

Magnesium supplements can improve blood sugar among people at high risk for developing diabetes. A study of 116 people with prediabetes, published in *Diabetes & Metabolism*, found that many were deficient in magnesium, and that supplementing with 382 mg of magnesium daily improved blood sugar levels by a significant 22 percent on average. Earlier research found that even among people with normal magnesium levels, 365 mg of magnesium supplements daily improved blood-sugar levels and reduced risk for diabetes.

## menopause, mood, and refined carbs

Researchers at Columbia University Medical Center have found that refined carbs, such as white bread, white rice, and soda, can trigger depression in postmenopausal women, with symptoms that include mood changes and fatigue. These are side effects of the body's hormonal responses to reduce spiking levels of blood sugar that result from such foods, according to a study of more than 70,000 postmenopausal women that was published in the *American Journal of Clinical Nutrition*. In contrast, eating a diet that is high in fiber, vegetables, whole fruit (not fruit juice), and some whole grains can decrease risk.







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\*J. Alt Med 6/05



## trendwatch



Eating tree nuts or peanuts daily can help you live longer, according to Dutch research published in the *Journal of Epidemiology*. Results come from a large study of about 120,000 men and women between the

ages of 55 and 69, who researchers have been tracking since 1986. Earlier studies showed that nuts reduced the risk for heart disease, but this current research found that nuts also

reduce the odds of death from cancer, diabetes, respiratory conditions, and neuro-degenerative diseases. It is believed that healthy fats and fiber in nuts are at least partially responsible for the benefits. Brands of peanut butter made with added salt, sugar, and vegetable oils, which often include trans fat, was not beneficial. The maximum therapeutic amount was 15 grams (half a handful) of nuts daily, but some benefits were also seen with only two-thirds of that amount (10 grams).

## **NUTRIENT TRIO PROTECTS YOUR EYESIGHT**

A study of 67 people with early age-related macular degeneration, a leading causes of vision loss, has found that supplements can provide significant improvement if taken consistently. The researchers, who published their findings in the journal *Eye*, tested different dosage combinations of three eye nutrients concentrated in the retina: lutein (3-20 mg), zeaxanthin (0.86-2 mg), and meso-zeaxanthin (0-17 mg). All of the nutrients produced benefits over a period of three years; however, the most effective strategy involved taking all three together on a consistent basis.



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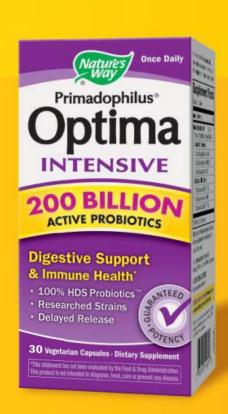
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## **HARLEY PASTERNAK:**

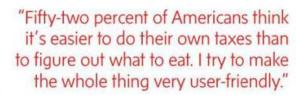
## Trainer to the Stars

Why this top Hollywood trainer is more old school than trendy when it comes to fitness

by Jonny Bowden, PhD, CNS

arley Pasternak has trained just about everybody in Hollywood, from Lady Gaga and Bono to Alicia Keyes and Kanye West. So you'd figure that he must have a special technique, some magic

that only the rich and famous have access to. Nope. Because while Pasternak may be one of the most successful health gurus in Hollywood, he is anything but trendy. "I've had a scientific background that includes 11 years



of health science nutrition study at university, and I've applied that knowledge to myself and my clients for 20 years," he says. "I'm not interested in fads. I'm interested in three things: doable, sustainable, and effective."



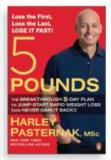
Take Halle Berry, for example. "With Halle, we would start with five minutes of cardio, then an upper-body circuit, a lower-body circuit, some abdominal exercises, and a five-minute cooldown." This led to Pasternak's new book, 5 Pounds: The Breakthrough 5-Day Plan to Jump-Start Rapid Weight Loss (and Never Gain It Back!). "Fifty-two percent of Americans think it's easier to do their own taxes than to figure out what to eat," he says. "I try to make the whole thing very user-friendly. With Halle, it was five short phases, done five times a week. Period."

## Focus on Two Key Muscles

"Most of us have the same muscle imbalances," says Pasternak. "We sit, we drive, we do pushups—all stressing the front side of the body, what we call the 'mirror muscles,' because that's what you see when you look in the mirror. So with almost everyone, I pay special attention to strengthening the anterior (rear) muscles—like the back and hamstrings."

## Keep it Simple

"Look, if you do several things with moderate intensity, the overall impact is going to be greater than doing one thing at 100 percent intensity," says Pasternak. "I used to do Olympic lifts, fartlek



training, interval training—all these great, effective things. But as I got older, I started asking—how many clients have pulled hamstrings running sprints with me? How many clients have thrown up after doing super-intensive training with me? What's the hunger factor after doing ultra-intense workouts? (It's high.)" Pasternak sums it up this way: "Do I need my clients to be in pain in order to feel like they got something done? No. I want them to think 'Hey this was easy and I can't wait to do it again.'"

Pasternak's newest book is 5 Pounds: The Breakthrough 5-Day Plan to Jump-Start Rapid Weight Loss (and Never Gain It Back!).













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- YES RECYCLABLE PACKAGING MANUFACTURING SUPPORTS WIND POWER
- MO ARTIFICIAL COLOR NO MAGNESIUM STEARAT red at a GMP
  - Ow PLEDGE of INTEGRITY -

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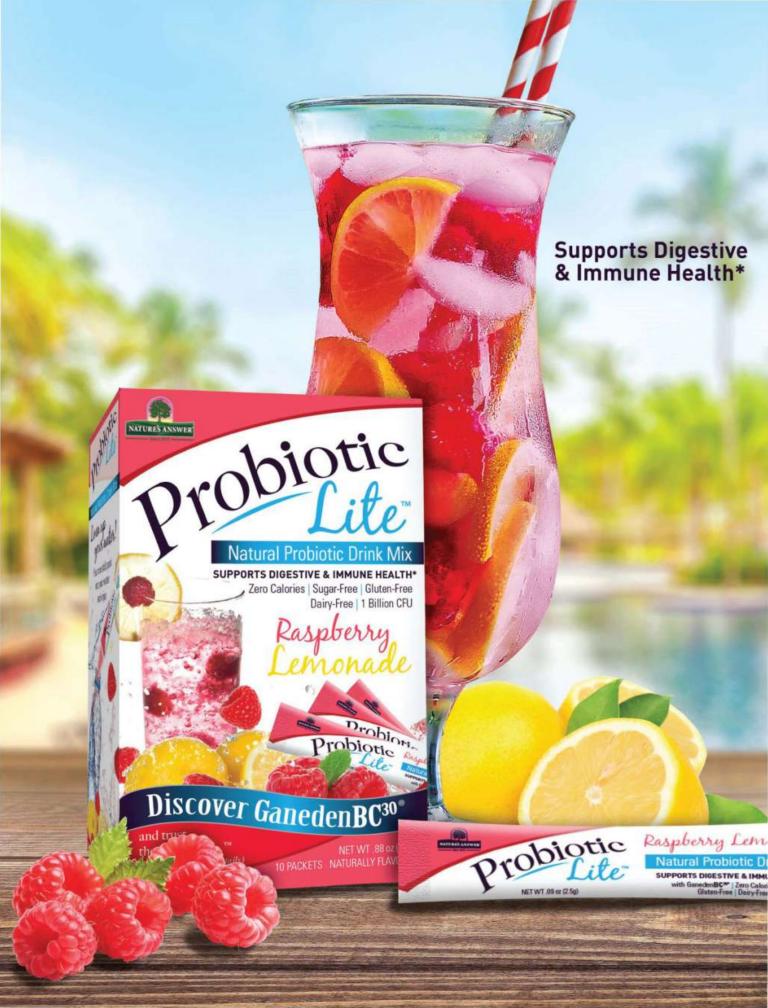
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## **The Natural Power of 1**

So NATURALLY POWERFUL, 1 billion CFU is all you need

## What separates GanedenBC30° from other probiotics?

GanedenBC<sup>30°</sup> is an EXTREMELY stable probiotic due to the cell's ability to form a natural protective spore. No additional enteric coating needed here. Just like plant seeds wait to grow until spring when the temperature and moisture levels are optimal, GanedenBC<sup>30°</sup> spores wait to germinate and grow until they reach the intestines where the conditions are just right. This protective shell also gives GanedenBC<sup>30°</sup> the ability to survive harsh manufacturing processes, product shelf life and finally, the journey through the digestive system – most other probiotics just can't survive these stresses. So naturally powerful, GanedenBC<sup>30°</sup> even survives baking, boiling and freezing.

## **Naturally Delicious**

Zero Calories | Sugar-Free | Gluten-Free | Dairy-Free | 1 Billion CFU

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As parc of a balunced diet and healthy litestyle
In on independent lab study of a simulated austric environment with a pit of a lifer two hours.

Since der BC30 - delivered live cells ten times prove effectively than configure probledly youngs.

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## FANTASTIC FORMULAS

Potent nutrient blends with all-natural super powers

## Need a Boost?

Gaia Herbs TurmericBoost Restore and TurmericBoost **Uplift** deliver a delicious dose of turmeric (an antioxidant and inflammation fighter) in convenient powders that can be easily blended into beverages and smoothies. TurmericBoost Restore is a whole-body support formula that adds prebiotics for digestive health along with vanilla bean and chai spices including cardamom, allspice, and cinnamon. TurmericBoost Uplift adds gotu kola and lemon balm, a formula designed to lift mood and ease mind, body, and spirit. Both formulas are vegan, unsweetened, and soy-free.



## Ready for Your Close-Up

Clear up acne naturally with Salcura Natural Skin Therapy Antiac **Clearawash**, a facial cleansing gel suitable for all skin types that targets acne, whiteheads, blackheads, and pimples by reducing sebum levels and minimizing bacteria. Use in conjunction with Salcura's Antiac Acne Clearing Spray, a 100 percent natural acne treatment that contains no harsh chemicals—just plant-based ingredients such as sea buckthorn, tea tree, and sandalwood oils. It's suitable for any age and skin type, and unlike some over-the-counter treatments, is safe during





## **TURMERIC CHAI TEA**

- 1 cup black tea, brewed to desired strength
- 1 serving Turmeric-**Boost Restore**
- ¼ cup plain almond milk (or your favorite milk)

Combine almond milk and TurmericBoost **Restore** in a small cup. Add to your prepared tea.



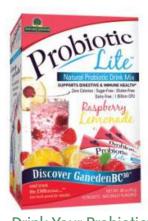
## Very Cerebral

pregnancy and breastfeeding.

It's genius! Wakunaga Kyolic Brain **Energy** combines three brain-supportive nutrients-Aged Garlic Extract (AGE), bacopa, and citicoline—in one smart formula. AGE is a powerful antioxidant shown to improve learning deficits and help to prevent brain shrinkage; bacopa increases blood flow to the brain and improves cognition; and citicoline sharpens concentration and working memory, and supports healthy brain cell membranes.

## Breathe with Ease

ROOTOLOGY Breathe Free features 13 targeted herbal extracts to defend against common allergens including pet dander, pollen, dust, mold, and even smoke—in fact, bottles were given away to firefighters exposed to wildfire smoke this past summer in Cincinnati. "I have been suffering from [allergy] problems all my life and have tried everything," writes one user. "Not only did Breathe Free improve my breathing, but it didn't make me drowsy. I would highly recommend this to any sinus sufferer."



## **Drink Your Probiotics**

**Nature's Answer Probiotic** Lite in Raspberry Lemonade flavor is a zero-calorie, sugar-free drink mix with 1 billion CFUs per serving. Featuring GanedenBC30, a natural probiotic that survives the journey through the digestive system to deliver active cultures more effectively than yogurt, these drink packets support digestive and immune health while delivering 100

## try it!

percent of the RDI of vitamin C.

Nature's Answer is giving away 10 boxes of **Probiotic Lite to Better** Nutrition readers. To enter for a chance to win, email vour name and address to betternutritionfreebie@ gmail.com. Please write "Probiotic Lite" in the subject line. Ten readers will be selected at random.







the true science of collagen

## **INGREDIENTS:**

- **16 oz** sparkling water (orange/tangerine flavored)
- I scoop of NeoCell Beauty Infusion™ Tangerine Twist
- ½ tbsp brown sugar
- ½ tangerine, quartered
- I sprig of fresh rosemary
- crushed ice, as desired

## **HOW TO MAKE IT:**

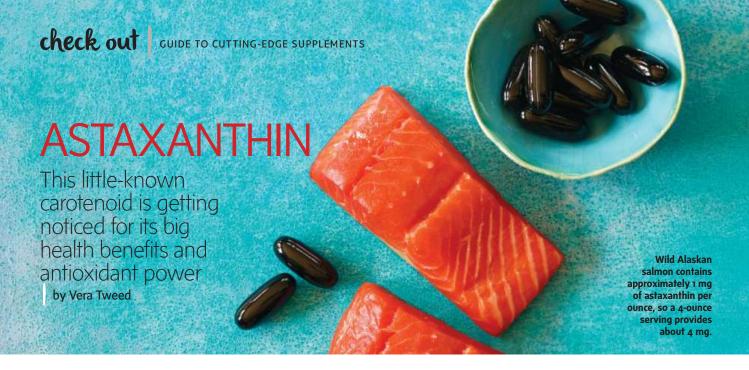
- I. Put tangerine, sugar, and rosemary in a glass and muddle.
- 2. Add scoop of **Neocell Beauty**Infusion™ Tangerine Twist.
- 3. Pour in sparkling water. stir.
- **4.** Add desired amount of ice and garnish with rosemary.

**Rethink your drink** with NeoCell Beauty Infusion, a refreshing beauty from within drink mix with beauty nutrients Collagen, Hyaluronic Acid & Biotin for a more radiant complexion, and strong hair and nail growth. ■

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This product is not intended to diagnose, cure, treat, or prevent any disease.



Pronounced "asta-ZAN-thin," and found in certain algae, astaxanthin is a food-based nutrient that has been shown in some studies to enhance the whole body. There are two sources of astaxanthin-microalgae and sea creatures who eat the algae (e.g., wild salmon, krill, and shellfish). The carotenoids in astaxanthin are rich in naturally occurring pigments known for their bright pinkish-red hue.

## Astaxanthin Does a Body Good

Astaxanthin's varied health benefits are linked by a common, underlying mechanism—inflammation. "Inflammation is the root cause of all major diseases. and astaxanthin is one of Dr. Nature's most powerful anti-inflammatories and natural medicines," says William Sears, MD, who specializes in lifestyle medicine and is the author of Natural Astaxanthin: Hawaii's Supernutrient. A study in California found that, compared to a placebo, Hawaiian astaxanthin reduced chronic inflammation by 20 percent in 8 weeks.

Here are some scientifically supported reasons to take astaxanthin daily:

> **Antiaging:** Astaxanthin is a very strong antioxidant, meaning it helps neutralize harmful free radicals that cause an internal process much like rusting. It manifests as "getting older," whether that means needing a nap despite a good night's rest, or wondering where you put your keys.

- **Beauty:** People taking astaxanthin have experienced multiple skin benefits, including less sunburn and UV damage (it doesn't replace sunscreen); fewer fine lines and wrinkles; less roughness; and improved moisture and elasticity. Similar skin benefits have been reported with topical use of astaxanthin in creams and serums.
- **Energy:** Astaxanthin has been shown to optimize energy producing-components of cells, enabling them to work more efficiently during exercise, even extreme training.
- **Exercise recovery:** Astaxanthin's antioxidant and anti-inflammatory qualities may help reduce damage during endurance exercise. Athletes also report less soreness after exercise with astaxanthin use.
- **Heart:** Astaxanthin helps protect the heart by reducing inflammation and helping to improve the integrity of the lining in blood vessels.
- **Joints:** Some research suggests that astaxanthin may help ease pain associ-

- ated with rheumatoid arthritis, carpal tunnel, tennis elbow, and tendonitis.
- **Eyes:** Doses of 4 –12 mg daily were shown to improve the ability to see fine detail, as well as ease eye strain, fatigue, dryness, and blurred vision.

## Guidelines for Daily Use

Unless you eat wild salmon several times a week and 10 servings of fruits and vegetables a day, Sears recommends astaxanthin as a daily supplement. Look for astaxanthin from Haematococcus pluvialis algae grown in pure water. "There is scientific evidence that between 4 and 12 milligrams is safe and effective," says Sears, who recommends 12 mg daily for anyone suffering from an inflammatory condition, including those at risk for heart disease. Use 4 mg daily for general health benefits.



Derma e Age-Defying Antioxidant Day Crème



Jarrow Formulas Caroten ALL



**Nutrex Hawaii BioAstin** Hawaiian Astaxanthin

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**Vera Tweed** has been writing about nutrition, fitness, and healthy living since 1997. She specializes in covering research and expert knowledge that empowers people to lead better lives. She is the author of numerous books, including Hormone Harmony and the User's Guide to Carnitine and Acetyl-L-Carnitine.



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- Brain Health\*
- Optimal Wellness\*



## **BEST FACE FORWARD**

Discover inside-out solutions for beautiful hair, skin, and nails | by Jenn Rice

Ou don't have to be a mad scientist to know all about skin care ingredients, but you do need to be aware of labels and what to look for when shopping. To better understand some of beauty's top ingredients, we enlisted the help of Rachael Pontillo, president and cofounder of The Nutritional Aesthetics Alliance, creator of holisticallyhaute.com, and bestselling author of Love Your Skin, Love Yourself. So next time you're scoping out the aisles for new beauty products and supplements, keep an eye out for these:

## 1. Hyaluronic Acid (HA)

If it's not already on your radar, HA is a skin-care ingredient that you should really get to know. And don't be wary when you see the word "acid." It won't strip the skin at all. In fact, it's actually moisture binding and will help keep skin hydrated and plump, which is why it's the foundation of a plethora of creams and serums. While it's mainly used in topical form, it can also be found in supplements—which Pontillo prefers—that "bind moisture into the skin at the cellular level." But before you buy a supplement, she recommends reading the label carefully. "You want pharmaceutical-grade hyaluronic acid. which is derived from rooster combs," says Pontillo. "As unglamorous as that sounds, vegan alternatives made from sugar beets are typically GMO and only cosmetic grade, which isn't the quality you'd want for internal supplementation."

## 2. Biotin

Chances are you've heard of biotin before. This popular B vitamin supports the production of keratin—a key building block of hair, skin, and nails. Biotin helps aid in healthy formation of the hair, skin, and nails from the inside out. It is most

When it comes to healthy hair, skin, and nails, what you put in your body is as important as what you put *on* it.

## **BEAUTY BUZZ**

What's trending in the world of beauty nutrients? Ceramides, collagen, and silicon are among the most-talked-about supplements when it comes to enhancing hair, skin, and nails. Here's why you'll want to add these youth boosts to your daily regimen. by Lisa Turner

**CERAMIDES:** New studies show that supplemental ceramides can support skin structure, protect against moisture loss, and maintain smoothness and elasticity of skin. Originally derived from animal sources, newer versions—called "phytoceramides" for "plant"—come from wheat, sweet potato, or rice. Generally, ceramides are available in two primary forms: topical and oral.

Many creams, lotions, and serums contain ceramides, from plant sources or in the form of pseudo-ceramides (often listed as "hydroxypropyl bispalmitamide MEA"). These topical ceramides work by penetrating the top layer or two of skin; they're generally considered less effective in reaching deeper layers of skin, but a few studies show that they're helpful in treating dryness. Some studies show that topical

LifeExtension

Skin Restoring

ceramides can improve skin; in one study, ceramides increased skin hydration and elasticity, and significantly reduced dryness.

Try: Life Extension Skin **Restoring Phytoceramides** with Lipowheat

**COLLAGEN**: A powerful ally in the fight against aging—specifically in supplement form—collagen is technically a type of

protein. In fact, it makes up about one-third of all proteins found in the human body. It's estimated that there are approximately 29 different types of collagen, but types 1 and 3 make up 80-90 percent of the total, according to research. Like ceramides, collagen production slows with age, starting to decline as early as age 25. Fortunately supplements of type 1, 2, and 3 collagen can help prevent and/or reverse signs of aging. For example, collagen hydrolysate has been shown to improve skin elasticity among

women age 35 or older. Collagen has also been shown in some studies to improve the look and strength of hair and nails.

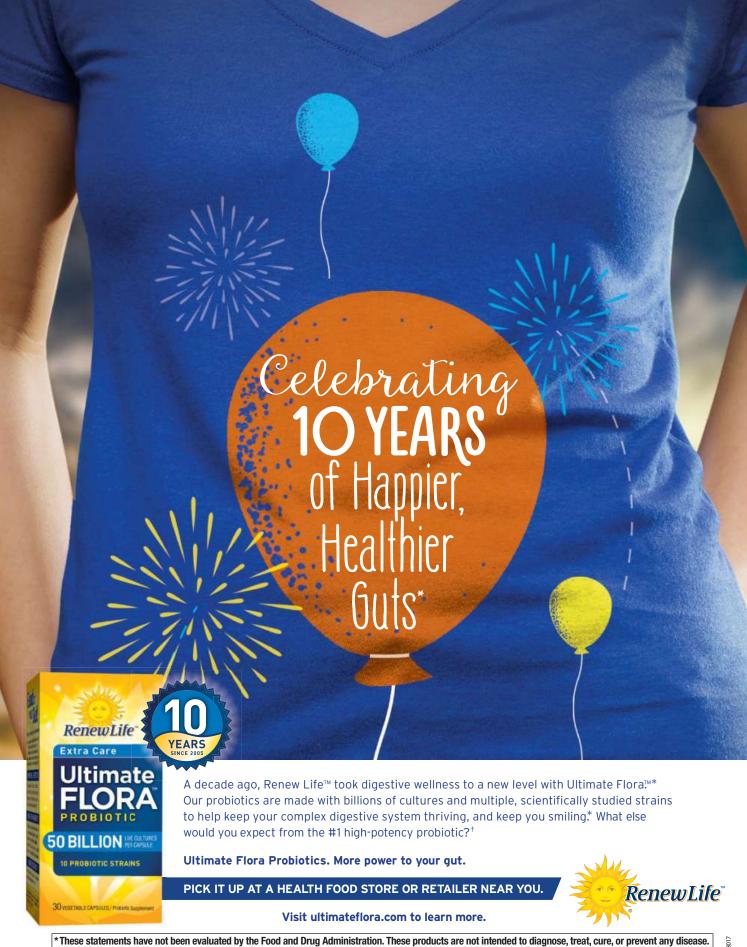
Try: NeoCell Keratin Hair

SILICON: The mineral silicon is also necessary for the formation of collagen and bone. Supplementing with orthosilicic acid (BioSil), the dietary form of silicon, or

the herb horsetail, which is rich in silica (silicon dioxide), can help smooth lines and wrinkles and also help fight brittle hair and nails.

Try: Natural Factors BioSil





## second opinion

commonly used as a supplement, and is best known for strengthening brittle nails and stimulating hair growth. "I always recommend people buy the best quality supplements possible from companies that ethically source and manufacture their products—but it's also widely available from [eating] whole-foods," says Pontillo. "Some whole food sources of biotin are eggs, sweet potatoes, nuts, onions, and tomatoes."

## 3. Green Tea

Green tea has many surprising beauty benefits. First and foremost, it helps fight degradation of elastin and collagen, which are essential for youthful-looking skin. It's also high in antioxidants and helps reduce inflammation—which is a great option for those with skin conditions. Pontillo sug-

gests consuming several cups a day to reap the benefits. "I prefer people just drink the tea or use a fresh preparation—the benefits are more intact that way," she says.

Green tea is also popular as an ingredient in skincare products such as toners and cleansers. In powdered form, it's a great option for an at-home face masque treatment. It is also known that green tea, when combined with an FDA-approved sunscreen, will help maximize protection from harmful UV rays.

## 4. Vitamin C

Vitamin C is absolutely necessary for healthy skin. "It is a powerful antioxidant that can help combat free radicals from environmental aggressors, and also is essential for healthy collagen production," says Pontillo. Aside from getting your

daily dose from fruits such as oranges, grapefruit, strawberries, and pineapple, you can also apply it topically or take supplements—but it's important to know the difference between the two.

When taking supplements internally, look for those with L-ascorbic acid. It's more beneficial to the body when taken internally. Topically, Pontillo recommends ascorbyl palmitate, the ester of vitamin C. "It is oil-soluble, which means it can penetrate the skin's barrier layer; it is not acidic, which means it is nonirritant and actually has an anti-inflammatory effect; and it does not break down or oxidize quickly, so its benefits last much longer than L-ascorbic acid." Just be cautious of vitamin C products and the sun, as they're known to cause photosensitivity. Use them at night for the best results.

Jenn Rice is a freelance writer who has been covering beauty, spas, destinations, and food since 2010. Her work has appeared in magazines and newspapers, and on top national websites. She is currently based in Jackson Hole, Wyo.



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## **BLOOD SAMPLE BEFORE NEPRINOL**

Subject complains of lethargy and stiff and uncomfortable joints. Subject's blood slide shows elevated blood contaminants.\*



## **BLOOD SAMPLE AFTER NEPRINOL**

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## XOXO, SAMBUGUARD



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## DON'T PANIC

The homeopathic medicine of choice for anxiety, traumas, panic attacks, and even PTSD is Aconitum napellus | by Avghi Constantinides, DHom

Desley came to see me about 15 years ago. She was in her early 20s and said that she felt "frozen" in her life. While she managed to get up and go to work every day, she had little motivation to do

> much else—she'd stopped going to the gym; avoided family, friends,

and visitors: and steered clear of restau-

rants and other social places. She felt like the world was closing in on her. It was obvious that her fears and anxieties were

preventing her

from living a full life. The feelings started in childhood, she said. Her parents had left her alone in the house one day at around age 6 or 7,

and that was her first experience with anxiety. The anxiety worsened as she got older, leading to heart palpitations and numerous gastrointestinal symptoms.

Aconitum napellus (also called aconite or monk's hood) is the homeopathic remedy I prescribed to Lesley. After a few doses, she started going back to the gym. She also went to a restaurant for the first time in months and even got together with family members. She described the transformation as akin to "being let out of a cage and getting a life back—one that I never knew I had." Her lifelong struggle with panic attacks and anxiety seemed to melt away.

## **Common Problem**

Lesley's story is all-too-common in today's world. In recent years, I've seen more patients struggling with panic attacks, anxiety, and stress than ever before. This includes young people returning from the wars in the Middle East and suffering from post-traumatic stress disorder (PTSD).

Aconite is an especially useful remedy for people with PTSD and/or anxiety resulting from a shock or trauma. This remedy also works well in emergency situations and acute disorders. Aconite is the ideal remedy for sudden-onset symptoms—after an unexpected event such as an earthquake or car accident. You may feel unbalanced. And while you may normally be a calm person, you feel panicked, nervous, and restless after the trauma. Fears can mushroom if not treated and may manifest as being afraid

to leave your home, drive on the freeways, or even cross the street.

People who respond well to aconite feel worse when exposed to wind, wetness, direct sunlight, and extremes in temperature, as well as with use of alcohol, stimulants, and/or tobacco smoke. They feel better in open air, after sweating, and after a good night's sleep.

## Aconite Dosage Guidelines

For a smaller trauma, I usually suggest starting with a low dose. Increase the potency the greater the trauma. Use the pellet form.

Dosages, from weakest to strongest:

- > 30c
- > 200c
- > 1M
- > 10M

## WHEN TO USE ACONITE

If you experience any of the following symptoms associated with a shocking event, trauma, or PTSD, aconite may help:

- Symptoms that come on suddenly and are intense; they may also be triggered by cold, wet, windy conditions
- Claustrophobia, agoraphobia, and other phobic states
- Acute anxiety or panic following a fright
- Attacks of panic and fear; feeling instantly reactive to people and situations
- Fears, including fear of death, fear of other people, and fear that something bad will happen to you or others
- Physical or mental restlessness

- Sensitivity to atmospheric changes
- Pain described as severe, unbearable,
- burning, stinging, cutting, or stabbing Pains accompanied by numbness,
- tingling, and "pins and needles"
- Easily startled by noise
- Low threshold for pain
- Hot, sweaty palms
- Face feels hot; red cheeks; sudden
- hot flashes
- Weak limbs

**Avghi Constantinides, DHom,** is a certified homeopathic practitioner who has been in private practice in Los Angeles since 1995. Visit homeopathyforlife.com to learn more.



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Emily A. Kane, ND, LAc, has a private naturopathic practice in Juneau, Alaska, where she lives with her husband and daughter. She is the author of two books on health, including Managing Menopause Naturally. Visit her online at dremilykane.com.



## MIND AND BODY

A healthy digestive tract can improve your mood, calm anxiety, and maybe even fend off Alzheimer's disease | by Emily A. Kane, ND, LAC

I've heard that the gut is the "second brain." What does that mean exactly? I mean I know I feel better when my digestion is working well, but is there more to it?

—LeAnn G., Dallas

elieve it or not, most melatonin, the Ohormone in the body that promotes restful sleep, is not produced in the pineal gland, but in the small intestine. In fact, I have several colleagues who successfully use melatonin as part of a treatment strategy for a range of intestinal ailments—from IBS to Crohn's disease.

GABA, a calming neurotransmitter that is useful for anxiety and other mood disorders, is another natural brain chemical produced by bacteria in the gut. And we have long been aware of a genetic connection (trending in families) between various forms of schizophrenia and celiac disease.

Most pharmaceutical antidepressants work by making the brain think that we are awash in serotonin, the natural "happy" biochemical. Serotonin is produced both in the central nervous system, and in the gut from its amino acid precursor 5-hydroxy tryptophan (5-HTP), which is directly linked to a particular gut bacteria, Bifidobacterium infantis.

All to say, we keep discovering more and more connections between healthy digestion and a healthy mind.

## Go Pro

According to David Perlmutter, MD, in his new book Brain Maker "much of what we know about the microbiome comes from studying so-called germ-free mice. These are mice that have been altered to not have any gut bacteria, thereby allowing scientists to study the effects of missing microbes, or conversely, exposing them to certain strains and watching what happens.

Germ-free lab rats have been shown, for example, to have acute anxiety, an inability to handle stress, chronic gut and general inflammation, and lower levels of an important brain-growth hormone called BDNF (brain-derived neurotrophic factors). But these symptoms can be reversed once the rats are fed a diet rich in Lactobacillus helveticus or Bifidobacterium longum. two common probiotics."

Turns out that people with lower levels of BDNF have an increased risk of Alzheimer's disease. Could this mean that we can prevent Alzheimer's with probiotics? Research continues in this direction.

In the meantime, it's a very good idea to get more healthy bacteria into your diet-for the good of your brain, as well as your gut. One of my favorite ways to get



Science continues to discover more and more connections between healthy digestion and a healthy mind.

probiotics is to eat some fermented food every day. Think about kimchi, sauerkraut, yogurt, kefir, or kombucha. I put some fermented food into my spinach-blueberrybased morning smoothie every day.

## **Natural Mood Boosters**

In addition to keeping your gut happy with probiotics and an anti-inflammatory diet, there are other widely available natural substances that can help with mental and emotional well-being. I mentioned GABA (gamma-aminobutyric-acid) above as a calming neurotransmitter. The methylated form of GABA, called Phenibut, can help promote sleep and banish anxiety in nightly doses of 250–500 mg.

Other effective mood enhancers include 5-HTP in the 50–100 mg daily dose range and St. John's wort (900 mg daily). I recommend that anyone who suffers from mild-to-moderate depression try

St. John's wort before considering pharmaceutical drugs. Often relief is palpable within 10 days.

Two cautions with St. John's wort: In general those with blood type O do not benefit much from this herb. They do better with a Paleo-style diet and amino acid therapy, such as 50–100 mg 5-HTP at bedtime. Also St. John's wort can cause a type of heat rash in people travelling from a low-sun to a high-sun environment (such as taking a tropical vacation). This is reversible—just stop taking St. John's wort while you're in the sun, and the rash will fade without residual problems.

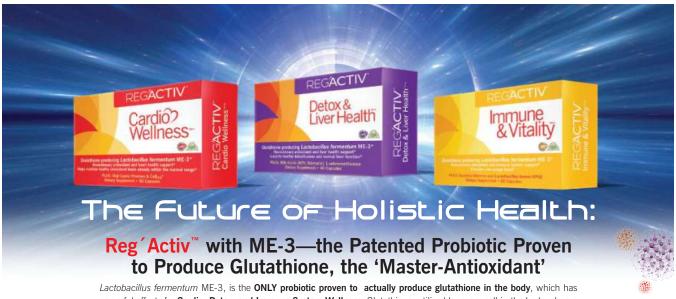
## **Get Your Vitamins**

B-vitamin deficiencies are a common cause of depression. Vegans, people who have difficulty absorbing the vitamin, and those with gut problems such as gluten sensitivity may be particularly at

risk. The small intestine, where nutrients are absorbed into the blood stream, is finicky about letting substances deeper into the body, and the microvilli need to be in good shape to permit B-vitamin absorption. Most celiacs are deficient in B vitamins, especially B<sub>12</sub>.

High doses of niacin, or vitamin  $B_3$ , have been successfully used by orthomolecular physicians for decades to cure severe mental illness. This therapy requires medical supervision with a nutritionally trained professional.

Another common nutrient deficiency that can cause depression, among other problems, is vitamin C. Unlike other mammals, humans do not produce vitamin C, so we have to get it from our diets. For this reason, I recommend supplementing with at least 1,000 mg of good-quality ascorbic acid every day for optimal health.



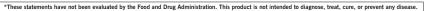
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## BEAUTY BREAKTHROUGH

The same good bacteria that support optimal digestive health—probiotics—can work Wonders on your skin by Sherrie Strausfogel

**P**robiotics, the "friendly" bacteria that are crucial for a healthy digestive tract, are also good for your skin. The American Academy of Dermatology named probiotics one of 2014's beauty breakthroughs after research showed that oral and topical probiotics can significantly benefit skin conditions, including acne, rosacea, and eczema.

Oral probiotics may ease skin issues by introducing healthy bacteria into the digestive system, whether in supplement form or as live active cultures found in yogurt, kefir, sauerkraut, and other fermented foods. (Read more about fermented foods on p. 34.) Essentially, probiotic supplements work by helping prevent the system-wide inflammation that's thought to lead to acne and rosacea.

Found in masks, creams, soaps, and other skin-care products, topical probiotics can help calm redness and irritation, according to recent research. And some probiotic-based beauty products even help kill germs.

According to the American Academy of Dermatology, topical probiotics can cause "bacterial interference" by obstructing bacteria and parasites that cause inflammation, redness, or bumps. Researchers are now looking into which specific strains of probiotics make substances with antimicrobial properties.

## **PROBIOTICS' ANTIAGING BONUS!**

By calming inflammation and acting as a protective shield for the skin's surface, probiotics can help hydrate aging skin, thereby reducing wrinkles and improving skin's elasticity.

Tame blotchiness, lighten hyperpigmentation, and reduce pesky imperfections with Acure Radical Resurfacing Treatment. Fermented lemon peel probiotic, poet's daffodil stem cells, and organic chlorella growth factor are the active ingredients in this light, silky cream. Great for all skin types, including acne-prone skin.



**K** Farmhouse Fresh Paiama Paste Soothing **Active Yogurt** Mask is a spa-style treatment made with probiotic-rich yogurt cultures combined with bentonite clay, oats, and wild honey—an almost edible combo that helps detoxify, moisturize, reduce redness, and tighten skin. According

radical

resurfacing

non probiotic + poet's daffodil stem cell

treatment



>> Tired of dark spots and discoloration? Diminish them both with Andalou Naturals Probiotic + C Renewal Cream. This daily moisturizer brightens skin, evens skin tone, and improves skin's immunity with a *Lactobacillus*-based probiotic source. Vitamin C and apple and grape stem cells provide a punch of antioxidants for a healthy glow.



to the label, this mask does just

about everything but the dishes!

Dry, stressed, or sensitive skin is no match for Dr. Ohhira's Probiotic Hadayubi Lavender Moisturizer by Essential Formulas. This soothing, fast-absorbing moisturizer boasts a proprietary probiotic extract that works by balancing the skin's pH level. You'll also find antioxidant-rich herbs and Japanese magoroku oil (packed with skin-nourishing essential fatty acids). And lavender oil is added to calm skin irritations and for its aromatherapeutic effects. It's designed for daily use on face, hands, and body.

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## natural beauty

## **BEAUTY CULTURE**

From the Romans, who feasted regularly on sauerkraut, to people in ancient India, who sipped on lassis before dinner, fermented foods have been a staple in the human diet for millennia. Brimming with beauty-boosting probiotics, fermented foods are a surefire way to get a clearer, brighter complexion. Here are 10 foods naturally rich in good-for-you bacteria to emphasize in your diet:

- 1. Buttermilk
- 2. Coconut vogurt and kefir
- Lassi (an Indian beverage made with yogurt or buttermilk, spices, and sometimes fruit)
- 4. Kefir
- 5. Kombucha tea
- 6. Miso (try recipe at right)
- 7. Pickles
- 8. Sauerkraut and kimchi
- 9. Tempeh
- 10. Yogurt



Serves 4

Recipe by Victoria Abbott Riccardi

In addition to probiotics, miso is also a good source of antioxidants, manganese, copper, and zinc—all of which are important for healthy skin. And butternut squash is high in vitamin A, which is one of the top agedefying nutrients for skin.

1 lb. butternut squash, peeled and cut into bite-size chunks (2 cups)
1 cup low-sodium vegetable broth ½ cup light coconut milk
¼ cup organic sweet white miso
1 Tbs. minced fresh ginger
3 cloves garlic, minced (1 Tbs.)

1. Place squash in large, deep skillet.

2. Whisk together broth, coconut milk,

miso, ginger, and garlic in bowl.
Pour over squash, and bring to a
boil. Reduce heat to medium-low,
cover, and braise 10–15 minutes,
or until squash has softened
and liquid has become thick
and creamy, stirring





**Sherrie Strausfogel** is the author of *Hawaii's Spa Experience: Rejuvenating Secrets of the Islands*. Her articles about beauty, spas, health, cuisine, and travel have appeared in more than 100 magazines, newspapers, guidebooks, and websites. She is based in Honolulu.







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# TOP 10 HERBS

for fall & winter health

Avoid seasonal maladies, keep your skin glowing, combat stress, and more with these potent botanicals

) BY MICHELE BURKLUND, ND

t's the time of year when leaves transform into vibrant hues, sweaters come out of storage, and the air becomes refreshingly crisp. Unfortunately, it's also a time of increased cold and flu symptoms, dry and painful skin conditions, and altered moods due to shorter days and a lack of sun. Go into this season prepared with a cupboard stocked with healing remedies for common ailments. Here are some beneficial and easy herbs to support your mind and body through the fall and winter months.



#### Fight Fatigue with Eleuthero

Also known as Siberian ginseng, eleuthero has been used for centuries in Russia and China due to its ability to improve cognition, enhance energy, and support stress. Eleuthero is part of a unique group of plants called adaptogens that have been proven to augment resistance to stress both physically and mentally—in other words, they help you "adapt more easily." In the fall and winter months, our energy levels can wane as the days grow shorter, but this plant might be just what's needed to remain alert until bedtime. One study published in the International Journal of Phytotherapy and Phytopharmacology found that a group of females taking a standardized extract exhibited improved attention and accuracy during stressful cognitive tasks. Eleuthero is most often taken in capsule or solid extract form.

## **2** Keep Your Skin Radiant with Sea Buckthorn

The biting winter air can strip your skin of much-needed moisture, causing a dull, dry appearance and sensitive, chapped areas. Sea buckthorn, a plant that grows across the mountainous regions of Asia and Europe, can efficiently counteract these symptoms. The medicinal properties are found in the seed and fruit oil, which contain a unique profile of fatty acids including 3, 6, 7, and 9, and are loaded with vitamins, antioxidants, and flavonoids. Treasured for being the richest plant-based source of omega-7 palmitoleic acid available, sea buckthorn has been studied more than 200 times and is commonly used in modern cosmetics and skin products. Apply it topically or add to a smoothie for a radiant glow during the winter months.

#### **2** Feel Better Faster with Elderberry

Scared that you might catch that bug going around? Elderberry acts as a triple threat against those untimely colds, providing antiviral and antibacterial qualities while also bolstering the immune system. This flowering shrub is abundant in the United States and Canada, and has been used for centuries in traditional medicine to treat colds. A promising preliminary study published in the *Journal of Internal Medical Research* revealed that patients with influenza-like symptoms who were given elderberry syrup showed symptom relief four days earlier than those who received a placebo. Unlike many cold and flu treatments, elderberry syrup has a sweet flavor that can be taken alone or added to various drinks and recipes.

#### Unwind With Lemon Balm

With the holidays fast approaching, you may feel more stress and anxiety as added obligations and errands begin to pile up. Lemon balm is a plant that has been documented all the way back to the Middle Ages as a treatment for restlessness and insomnia. An interesting study reported in The Journal of Biobehavioral Medicine observed that subjects exposed to a stressor and also given a 600 mg dose of lemon balm rated their calmness significantly higher than those in a placebo group. Another study from England's Northumbria University revealed that a 1,600 mg dose of encapsulated dried leaf lemon balm resulted in reports of improved mood, memory, and serenity. As a member of the mint family, this herb makes a flavorful tea or can be taken in capsule form.



#### Banish the Blues with Rhodiola Also called "Arctic root" because of the

way it thrives in the cold, mountainous regions of Northern Europe, rhodiola shows promise as a mood-supporting agent. The Greek physician Dioscorides documented rhodiola's effectiveness back in AD 77 as an aid for fatigue and anxiety. Seasonal affective disorder (SAD) is a common occurrence in the Northern Hemisphere during the fall and winter months, but preliminary research in animal trials has demonstrated that rhodiola increases the "feel good" neurotransmitter serotonin, banishing those blues as it promotes the transport of important building blocks such as 5-hydroxytryptophan (5-HTP). Rhodiola is also part of that exclusive group of herbs known as adaptogens. It can be taken as a capsule, tincture, or tea.



Many people complain of increased joint pain and soreness during the colder months (although there's little scientific explanation for this). Curcumin is an orange-hued compound found in the spice turmeric, one that is commonly used in Ayurvedic medicine for its powerful antiinflammatory actions. A recent study in the Journal of Alternative & Complementary Medicine found that a daily dose of 2 grams of curcumin in people suffering from osteoarthritis resulted in reports of reduced pain and increased mobility. In addition to soothing sore joints, curcumin is a potent antioxidant, brain health supporter, and strengthener of the vascular system by improving the lining of the blood vessels.

A member of the ginger family, turmeric tastes great and can be infused in tea, added to a recipe, or taken in capsule form.



Strengthen Your Immune System Naturally with Aged Garlic Extract, plus Vitamin C, Astragulus, Mushrooms, Oregano & Olive Leaf extract!

IMMUNE

## Find Your "Kyo" This Winter

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Rejuvenate with Astragalus This herb is well known in Chinese medicine for its ability to prevent colds and improve energy, but *The Journal of* Immunology revealed that it might also be an effective antiaging tool. Two constituents of astragalus—called cycloastragenol and astragaloside-may play a role in extending the lifespan of our DNA. How does astragalus do it? A DNA molecule called a "telomere" protects the chromosome material from breaking down—but as we age, our telomeres can shorten. There are associations between shortened telomeres and many age-related diseases such as osteoporosis, dementia, and arthritis. Astragalus shows promise as an effective antiaging tool that can preserve the length of telomeres and perhaps decrease the risk of age-related diseases. The root has a mild yet sweet flavor, and can be infused into a tea, added to a soup, or taken in capsule or tincture form.

Want to get back on track after overindulging? Dandelion is often considered a weed, but this herb has been documented as far back as the second century AD as a powerful cleansing agent. Dandelion is regarded as a liver and kidney tonic in traditional medicine, and has often been used to improve digestion. Encouraging

Detox with Dandelion

#### OLDS & FLU Rx

Make your own cold-and-flu kit to knock out symptoms at the first sign of illness, or to ward off viruses completely by bolstering your immune defenses throughout the year. Here are five of our favorite immune health supplements, a mix of potent proprietary ingredients, herbal mainstays, and one unique beauty-boosting blend that doubles as an immune aid.

1. **WELLMUNE WGP.** According to recent research, the proprietary ingredient Wellmune WGP (beta-glucan from baker's yeast) has been shown in a double-blind study to prevent colds and flu. Subjects were treated with either 500 mg of Wellmune WGP or a placebo for 90 days. Wellmune WGP is designed to be taken daily and has been shown to start working in one to two days. Take 250-500 mg daily.

Editors' Product Pick: IMMUNE HEALTH BASICS Wellmune WGP

2. EPICOR. A proprietary ingredient found in different products, EpiCor is derived from nutrient-rich baker's yeast prepared using a patented fermentation process. EpiCor works by supporting the immune system and enabling it to work more efficiently. In one 12-week study published in The Journal of Alternative and Complementary Medicine, EpiCor was given to 116 people who hadn't received any flu vaccination. Those taking EpiCor had fewer episodes of colds and flu-like symptoms compared to the placebo group.

Editors' Product Pick: DOCTOR'S BEST EpiCor

**3. ECHINACEA.** This herb helps prevent and reduce symptoms of the common cold. In an analysis of 14 studies, researchers concluded that the herb reduced the odds of catching a common cold by 58 percent. Among people who did catch a cold, echinacea shortened its duration.

Editors' Product Pick: DIAMOND HERPANACINE Herpanacine Skin (with echinacea)

**4. AHCC.** Active Hexose Correlated Compound (AHCC), a hybrid of several mushrooms, is the top-selling immune-enhancing supplement in Japan. As we age, our immune system weakens. This leaves the older members of our population at increased risk for autoimmune diseases, infections, and cancer. Strengthening the immune system is of particular importance as we age. AHCC is one of the most reliable and well-researched immune-supportive products available. Over 100 human clinical trials, animal, and in-vitro studies on AHCC have been conducted throughout the world.

Editors' Product Pick: QUALITY OF LIFE AHCC

**5. VITAMIN C.** With dozens of published studies, the evidence suggests that vitamin C might help prevent colds in children and stressed adults. It has been shown to reduce both symptoms and the length of infection, especially among people exposed to bad weather. Infections deplete the body's vitamin C levels, so continue taking your supplements for a couple of weeks to avoid a rebound deficiency after fighting a cold or flu. Use 1-6 grams in divided doses daily, less for children. Take the higher dosage if you have a cold or the flu.

Editors' Product Pick: AMERICAN HEALTH Ester-C with Citrus Bioflavonoids

#### **U. ESTER-C GIVEAWAY**

American Health is giving away 5 bottles of Ester-C with Citrus Bioflavonoids! Be one of 5 winners by emailing your name and address to betternutritionfreebie@gmail.com, with "Ester-C" as the subject line. Five Better Nutrition readers will be chosen at random.



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LET'S DO BETTERTM

Calm Your Stomach With Fennel Seeds Tis the season for holiday parties fueled by alcohol and decadent foods—both major causes for an upset stomach later in the evening. Fennel seeds are classified as a carminative herb, which can prevent unwanted gas and bloating. The Journal of Alternative Therapies in Health and Medicine revealed in a recent study that fennel seed oil significantly decreases gas and bloating compared to a placebo. These tasty seeds are also a great source of fiber, vitamins, minerals, and antioxidants such as quercetin and kaempferol. As a bonus, they also act as a breath freshener. Add 1 tsp. of fennel seeds to a cup of hot water and let brew for five minutes. or try them raw if you're on the go.

Warm up with Ginger

Feel like hibernating all winter long? Sometimes the best medicine is simply a warm fire with a great cup of ginger tea. Ginger

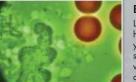
has been a popular remedy since ancient times for a diverse range of ailments including motion sickness, nausea, migraines, indigestion, sore throats, and even arthritis. Ginger is a great winter herb for its ability to promote circulation within the body, which can create a warming sensation. It is thought that an active compound in ginger called gingerol is responsible for that "cozy" feeling by stimulating blood flow and relaxing blood vessels. To get "toasty" fast, boil three cups of water, add several slices of fresh ginger (around three ounces), and a hint of honey. Steep for five minutes and enjoy this spicy tea on a chilly day.

Michele Burklund, ND, is a practicing physician specializing in holistic health and preventive medicine. When she's not blogging, she's seeing patients, taking photographs, writing books, traveling, and speaking around the globe. Visit healthyfashionista.com to learn more about Burklund and read her blogs.



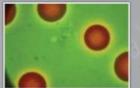
war with Candida yeast.\* This professional strength formula introduces probiotic spores that aggressively crowd-out Candida yeast.\* Additionally, extremely potent yeast-digesting enzymes are able to neutralize

dead and dying yeast which enables users to avoid typical "die-off" or detox symptoms.\* Syntol is non-GMO, vegan and hypoallergenic.



#### **Blood Sample Before Syntol**

Live images of blood plasma show high concentrations of candida yeast (dark blotches).\* Participant suffers from fatigue, poor memory, vaginal itching, abdominal discomfort and poor sleep.



#### **Blood Sample After Syntol**

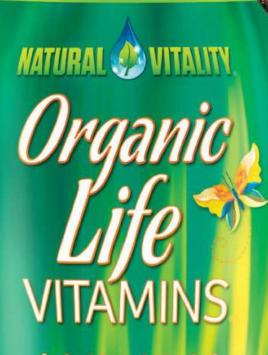
Live blood shows normal Candida levels.\* Participant has indicated energy levels are higher than have been experienced in over 10 years.\* Vision and digestion are now normal, and all other issues have subsided.\*



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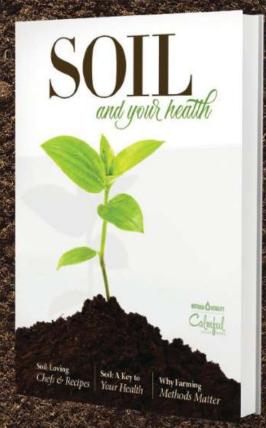


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## YOUR QUESTIONS, ANSWERED

#### At what age should I begin getting mammograms? I've heard conflicting reports—some say to start at age 40, and others recommend waiting until 50.

In response to new evidence on the efficacy and safety of mammograms, the U.S. Preventive Services Task Force recently made the following changes to its mammogram recommendation protocols: A) Annual mammogram recommendations for women over 50 were extended to once every other year; B) Women over age 40 should wait until age 50 to start screening.

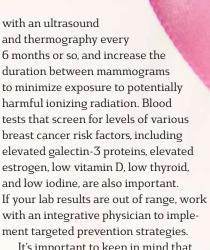
However, while mammography was once considered the "gold standard" for detecting breast cancer, new data suggests that we need to take a closer look at this practice. The truth is that mammographic X-rays fail to detect as much as 20 percent of breast cancer

in women over 50, and as much as 40 percent in younger women. The density of breast tissue is a very important factor in visualizing breast tumors because common (fibrocystic) dense breast tissue is difficult to distinguish from a tumor. Women before menopause generally have denser breasts than postmenopausal women due to the influence of cycling hormones. Postmenopausal women who are taking hormone replacement therapy (HRT), whether synthetic or "bioidentical," tend to continue to have denser breasts while taking HRT. Women can find out their breast density by requesting a copy of their full mammogram report. If breast density isn't included on the report, this information can be requested separately.

An alternative strategy is to add thermography to the screening process, which is 100 percent safe and can be more accurate than a mammogram. Thermograms can often detect cancer

patterns much earlier than mammograms, and can reflect other indicators of breast health such as estrogen balance. Ultrasounds are also very helpful and provide another way to detect suspiciouslooking densities. Also, a new technique called elastography is currently being added to ultrasound computer software. This involves a process in which measurements are taken during the ultrasound procedure that detect differences in the consistency of a solid mass, i.e., the firmness or stiffness of the tissue. These changes are fairly accurate in predicting abnormal (as opposed to normal) solid tissue. Elastography also increases the detection capabilities of a traditional ultrasound.

In my clinic, I like to create a strong baseline for patients by doing a mammogram with thermography, as well as an ultrasound. If all three imaging results are normal, I have the patient follow up



It's important to keep in mind that most breast tumors have been growing 8–10 years, on average, before they are picked up by mammography.

There is still value, however, in the use of mammography. The reason for this is its ability to detect not only masses but also tiny calcifications that are often present in areas of abnormal breast tissue. Other detection methods are not able to show these microcalcifications. These calcium deposits often appear at sites of chronic inflammation, which can be a precursor to cancer.

## 2Is radiation exposure from mammograms harmful?

Yes. Mammograms may increase the risk of breast cancer as a result of the regular exposure to ionizing radiation. The mechanical pressure from a mammogram can also injure breast tissue.

Are self-exams necessary? Self-exams are important—to know your breast tissue and detect changes early. They should be performed monthly.

## Can diet really help to prevent breast cancer?

Important dietary habits for reducing the risk and progression of breast cancer include the following: adopting an anti-inflammatory, alkalinizing diet that emphasizes low-glycemic (low-sugar) foods and plenty of fiber. A high-fiber diet is helpful because fiber works to bind excess estrogen and remove it from the body. This helps prevent estrogen dominance and keep hormone levels balanced. Fiber also promotes a healthy bacterial population in the gut and enhances satiety, making it easier to maintain a healthy weight—another way to help guard against breast cancer.

Of all foods shown to fight cancer, cruciferous vegetables (such as broccoli, cabbage, kale, collards, and arugula) are among the most powerful. These vegetables and their sprouts contain unique cancer-fighting compounds: namely, glucosinolates and diindolylmethane (DIM), a compound that promotes healthy estrogen metabolism. These nutrients have been shown to help inhibit cancer growth, block metastasis, detoxify cancer-causing compounds from the body, reduce inflammation, and boost immunity on a genetic level.

#### **FOODS TO WATCH**



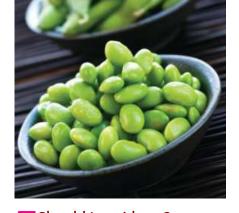
Fatty red meat has been linked to breast cancer, especially meats cooked at high temperatures. A 2008 study of more than 15,000 women found that high-fat foods were associated with an increased cancer risk.



Sugar intake increases IGF-1 (insulin like growth factor), which is associated with increased estrogen, as well as "cancer aggressiveness."



High-fat (but not low-fat) dairy was shown to be correlated to a higher risk of mortality among breast cancer patients, according to a 2013 study.



Should I avoid soy? Soy contains phytoestrogens compounds found in whole grains, nuts,

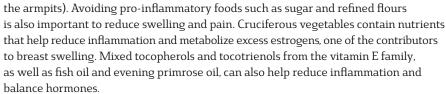
seeds, botanicals, fruits, and vegetables which have a mild estrogenic effect. These foods are often associated with a reduced risk of breast cancer, as well as reduced cancer recurrence.

The breast cancer/soy controversy has become heated at times. The issue is complex, with some studies showing that eating soy early in life can reduce breast cancer risk. Conversely, the consumption of concentrated soy extracts has been shown to increase the proliferation of breast cancer cells in some studies. Other studies show a protective and/or neutral effect from eating whole soy foods.

My recommendation? Eat whole soy foods such as edamame and tofu in moderation—no more than a few servings per week. Fermented soy foods such as miso and tempeh are even better options. And avoid soy protein isolates and supplements containing concentrated sov isoflavones.

#### Should I be concerned if my breasts become sore and swollen before my period?

This is a very common hormonal issue and not something to worry about. One approach that can be helpful is breast and lymphatic massage (the area under



Molecular iodine (potassium iodine) may also help with premenstrual breast tenderness. While iodine is probably best known for supporting thyroid health, the mineral is also thought to play a role in optimal breast health. Molecular iodine, in particular, has been shown to help alleviate symptoms associated with fibrocystic breast condition (FBC), the medical term for premenstrual breast discomfort that is triggered by hormonal shifts. Potassium iodine is available in supplement form.

#### What about exercise?

Physical activity such as daily walking (20-30 minutes per day) is associated with a reduced cancer risk, and it is important for balancing hormones, maintaining muscle mass and a healthy weight, and reducing the influence of stress-related imbalances.

Especially helpful for stress reduction are mind-body practices such as yoga and Qigong, which incorporate meditative breathing with strength, stamina, and flexibility exercises. Research has shown that two 90-minute sessions per week of Qigong for 10 weeks improved quality of life and mood in cancer patients, while decreasing fatigue and inflammation markers. Yoga has been shown to benefit postoperative breast cancer patients by accelerating healing, reducing hospital stays, and enhancing quality of life. Yoga has also been shown to reduce cortisol levels, increase melatonin production (a critical antioxidant-rich hormone shown to fight breast cancer), and increase the expression of numerous genes associated with immunity. Regular practice, three times per week, can make a difference.





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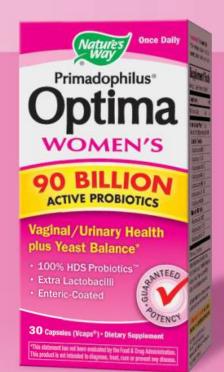
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## 8 Can supplements help prevent breast cancer?

Research shows that maitake D-fraction. an extract from maitake mushrooms. induces apoptosis (death) in breast cancer cells. It is widely available in supplement form. Additionally, I recommend a research-backed combination of natural compounds, including DIM (diindolylmethane from cruciferous vegetables), curcumin, quercetin, astragalus, and skullcap, as well as botanically grown medicinal mushrooms. This blend has been shown in multiple studies to directly fight breast cancer cells and down-regulate the expression of genes involved in breast cancer proliferation and metastasis, in both estrogen-receptorpositive and hormone-receptor ("triple")negative breast cancers.

A recent study from Indiana University, presented at the 2015 American Association for Cancer Research Annual Meeting, showed that a breast health formula featuring the remedies mentioned above worked alone against estrogen-receptor-positive breast cancer, and also worked synergistically with the drug Tamoxifen to increase apoptosis of estrogen-receptor-positive breast cancer cells, in vitro and in an animal model. The animal model used human breast cancer cells implanted into mice.

Another breast-protective supplement is modified citrus pectin, derived from citrus fruit, which has also been shown to prevent cancer growth and metastasis by binding to the inflammatory protein galectin-3. At elevated levels in the circulation, galectin-3 fuels inflammation,

fibrosis, cancer growth, and metastasis. By binding and blocking the effects of excess galectin-3, modified citrus pectin helps to prevent and fight cancer growth and limit metastasis. Modified citrus pectin is also a powerful detoxifier and immune-supporting ingredient. And the nutrient blend mentioned above has been shown to work synergistically with modified citrus pectin in protecting against breast cancer.

Vitamin  $\mathrm{D_3}$  is also an important supplement for women with concerns about breast cancer, as low levels are associated with an increased risk of the disease. And medicinal mushrooms offer important support for breast health, particularly varieties such as coriolus, reishi, agaricus, cordyceps, umbellatus, and maitake.





Today, more women are proactive about breast health than ever before.

And what keeps breast tissue healthy? Your immune system! To keep your immune system strong, eat your fruits and vegetables, get plenty of exercise, and take your AHCC®.

Backed by over 20 human clinical studies, AHCC (short for Active Hexose Correlated Compound) is one of the most clinically researched immune support supplements in the world.\* AHCC has been shown to boost the activity and number of white blood cells in the body, which helps keep breast tissue healthy.\*



Now is a great time to start taking AHCC daily. In honor of Breast Health Awareness month, Quality of Life will donate 10 percent of our October sales of Kinoko Platinum AHCC to fund women's health oncology research.



## 9What supplements can I take if I'm being treated for breast cancer?

The dietary supplements mentioned in Question 8 are often prescribed by integrative oncologists for use in conjunction with conventional breast cancer treatments to promote cellular health. In fact, the nutrient blend discussed in Question 8 has been shown to work synergistically with Tamoxifen in the treatment of estrogen-receptor-positive breast cancers.

Work with an experienced integrative doctor or naturopath if you want to take additional supplements during cancer treatment. Visit naturopathic.org or acam.org to find a doctor in your area.

#### Shopping Guide for Healthy Breasts



1. Mushroom Wisdom Maitake D-Fraction Pro 4X Specializing in mushroom extracts for 20 years, Mushroom Wisdom introduced maitake to the U.S. in 1991.



DIM-Plus Estrogen Metabolism
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3. NOW Foods
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Pectin
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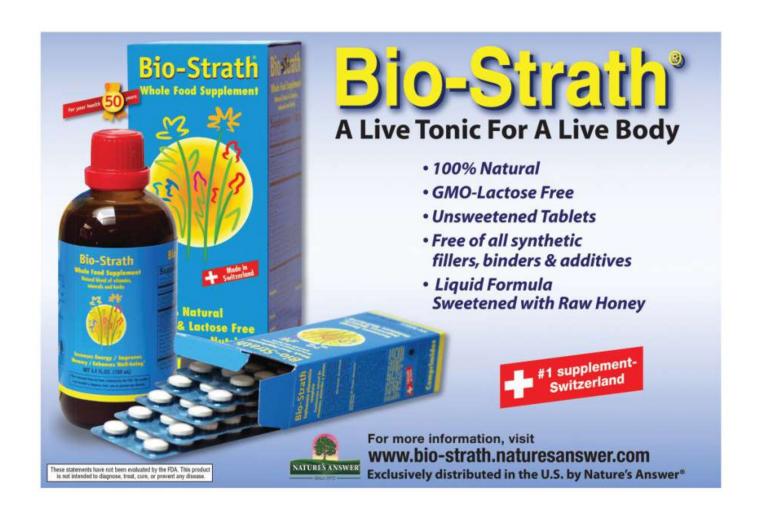


4. Solgar
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#### Reasons to Go Against the Grain

- Grains can be associated with leaky gut syndrome, a condition in which the intestinal lining becomes permeable, allowing bacteria, viruses, and larger proteins to enter the bloodstream.
- High consumption of grains may be correlated with an increased risk of autoimmune diseases such as rheumatoid arthritis.
- Grains may aggravate inflammation. A recent study linked both whole and refined grains to increased levels of inflammation in the body.
- Grains aren't necessarily high in fiber—a cup of brown rice, for example, contains 3 grams of fiber, while a cup of beans contains 25 grams.
- 6 Most grains are low in protein. Even high-protein varieties such as quinoa have only about 4 grams per ½ cup serving.
- **6** Refined grains are high in carbs, and can cause insulin surges and blood sugar imbalances.
- Swapping ground nuts and seeds for cereal grains can boost the protein, fiber, and essential fatty acid content of any recipe.

  Editors' note: Read more about grain- and gluten-free diets on p. 58.





#### **Rustic Rosemary-Olive Bread**

Serves 12

This freeform loaf is rich in protein and omega-3 fats from flax and chia seeds. You can easily use brown flax instead of golden (the golden just gives a lighter color to the final product). Vary the herbs and spices as you'd like—basil, chives, oregano, and garlic also make good additions!

¼ cup ground golden flax seeds ¼ cup ground chia seeds ½ cup almond milk 1 Tbs. apple cider vinegar 3 eggs 1 tsp. baking powder

½ tsp. salt 2 cups almond flour (finely ground almond meal) ½ cup black olives, chopped 2 Tbs. finely chopped fresh rosemary Coarse salt for finishing

- **1.** Preheat oven to 350°F. Line a baking sheet with parchment.
- 2. In small mixing bowl, combine flax, chia, almond milk, vinegar, and eggs. Mix until smooth. Let stand for 5 minutes.
- 3. In large mixing bowl, combine almond flour, baking powder, and salt. Mix well. Stir in olives and rosemary. Add chia/flax mixture to almond meal and mix well to form stiff dough; dough should begin to form a ball.
- 4. Turn ball of dough onto parchment-lined baking sheet, and form into an oblong. Using serrated knife, cut two or three diagonal slits in top of loaf. Sprinkle with coarse salt.
- **5.** Bake 30–35 minutes, until toothpick inserted into center comes out clean. Let cool 10 minutes, then slice and serve.

per serving: 160 cal; 7g pro; 13g total fat (2g sat fat); 7g carb; 45mg chol; 220mg sod; 4g fiber; 1g sugars

#### Roasted Banana and Chocolate Chunk Mini-Loaves

Makes 4 mini loaves (8 servings)

This hearty loaf is moist and tender, but holds its form well enough to slice. Roasting the bananas before making the bread caramelizes the natural sugars and adds loads of flavor. Our version uses chocolate chunks, but you can easily swap chocolate chips or raw cacao nibs. You can also use a regular 9x5 loaf pan instead of the mini versions; if so, increase cooking time by 8-10 minutes.

3 medium, very ripe bananas 1/4 cup golden flax seeds, ground 1/4 cup almond milk 4 eggs

11/2 cups almond flour 1 ½ tsp. baking powder ½ tsp. salt 1/2 cup chocolate chunks

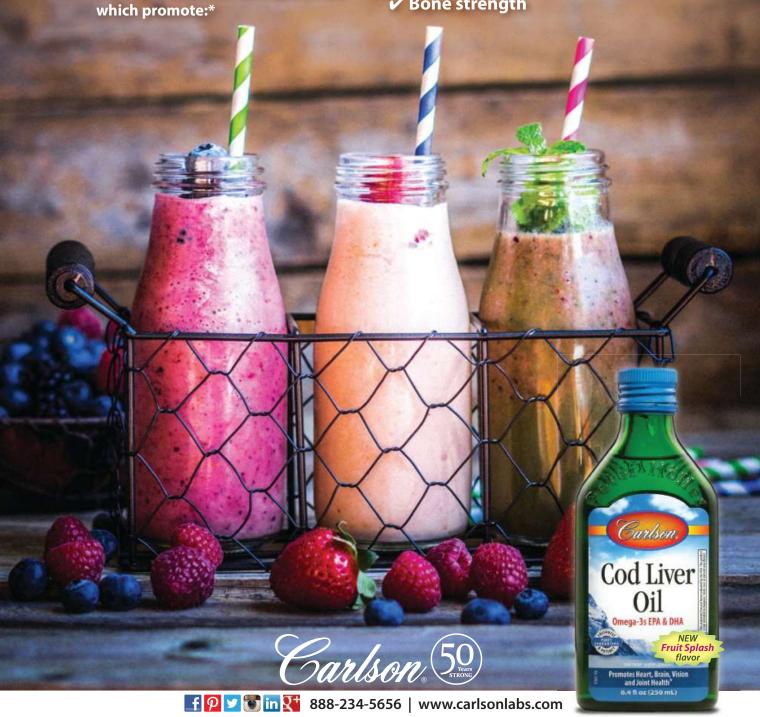
- 1. Preheat oven to 400°F. Lightly grease 4 mini loaf pans. Set aside. Peel bananas and arrange on baking dish. Roast 20 minutes, or until browned. Remove from oven and turn temperature down to 350°F.
- 2. In small mixing bowl, combine flax, almond milk, and eggs. Mix until smooth. Let stand 5 minutes, or until mixture begins to thicken. Beat in bananas by hand until smooth.
- 3. In large mixing bowl, combine almond flour, baking powder, and salt. Mix well. Stir wet ingredients into flour mixture. If mixture is very dry, add more almond milk, 1 tablespoon at a time. Fold in chocolate chunks.
- **4.** Transfer batter into greased loaf pans. Bake 20–25 minutes, until toothpick inserted into center of each loaf comes out clean. Let cool 10 minutes, remove from pans, slice, and serve.

per serving: 280 cal; 9g pro; 18g total fat (4g sat fat); 26g carb; 95mg chol; 280mg sod; 5g fiber; 13g sugars

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- ✓ Bone strength





#### **Cherry-Vanilla Muffins**

#### Makes 12 muffins

Best breakfast ever: high-protein muffins that make great use of almonds and chia seeds. We used tart, unsweetened cherries for ours, but if you can find fruit-sweetened varieties, all the better. Add chopped pistachios for a burst of vibrant color.

11/4 cups almond flour ¼ cup ground chia seeds 1/2 cup finely chopped pistachios 1/3 cup coconut sugar 1 tsp. baking powder

1/4 tsp. salt 3 eggs, at room temperature 1/4 cup almond milk 2 tsp. vanilla extract ½ cup dried cherries

- 1. Preheat oven to 375°F. Grease 12-cup muffin tin with coconut oil, or line with paper muffin liners or squares of parchment.
- 2. In large mixing bowl, combine almond flour, chia seeds, pistachios, coconut sugar, baking powder, and salt. Stir to mix.
- 3. Crack eggs into separate bowl. Using hand or standing mixer, beat eggs until light and frothy, about 2 minutes. Turn speed to low, and beat in almond milk and vanilla. Using spatula, fold dry ingredients into the mixture. Fold in cherries.
- 4. Spoon mixture into prepared muffin tins, filling each about halfway. Bake 15-20 minutes, or until a toothpick inserted the center comes out clean. Remove from oven, and let cool completely. If using paper liners, muffins can be turned out of pan while slightly warm. Serve immediately.

per muffin: 170 cal; 6g pro; 10g total fat (1g sat fat); 16g carb; 45mg chol; 120mg sod; 3g fiber; 10g sugars

#### **Apple-Ginger Scones with Molasses Glaze**

#### Makes 8 mini-scones

Applesauce adds sweetness, moisture, and lightness to these grain-free scones. We used molasses as a super-simple glaze, but you can also make a vanilla glaze: Refrigerate a can of coconut milk, and skim the cream from the top; transfer to a bowl, stir in 1 tsp. vanilla extract and 1 Tbs. honey, then drizzle mixture over cooled muffins.

11/2 cups almond flour, plus 1 tsp. baking powder more for rolling 1/4 tsp. salt ¼ cup coconut flour 3 eggs ⅓ cup coconut sugar ½ cup applesauce 2 tsp. cinnamon ½ cup currants Molasses for glaze 2 tsp. ginger (about 1 Tbs.) ½ tsp. nutmeg

- 1. Preheat oven to 350°F. Line baking sheet with parchment.
- 2. In large bowl, combine almond flour, coconut flour, coconut sugar, cinnamon, ginger, nutmeg, baking powder, and salt. Whisk to combine.
- 3. In separate bowl, beat together eggs and applesauce until smooth. Stir in currants. Stir wet ingredients into dry.
- 4. Transfer dough to flat surface. Using lightly moistened hands, form dough into ball. Flatten top slightly to make dome shape, and cut into 8 wedges. Carefully transfer to cookie sheet, and bake 17–20 minutes, until knife inserted into center comes out clean.
- 5. Remove from oven, and let cool 10 minutes. When scones are cooled, drizzle tops of each with molasses. Serve at room temperature.

per scone: 220 cal; 8g pro; 13g total fat (2g sat fat); 21g carb; 70mg chol; 190mg sod; 4g fiber; 13g sugars



#### **Pumpkin Silver-Dollar Pancakes**

#### Makes about 12 pancakes

Tiny and tender, lightly sweetened, and simple to make, these little pancakes contain only five ingredients, and are a breeze to whip up for any breakfast. For a treat, add bits of minced candied ginger; sprinkle pancakes with chopped toasted pecans before serving, if you'd like.

2 eggs 2 Tbs. coconut sugar

1/3 cup pumpkin purée Pinch of salt

1/3 cup almond flour Coconut oil for cooking

- 1. In medium bowl, beat eggs and pumpkin together with hand mixer or in standing mixer, until the mixture is light and fluffy. Stir in flour, coconut sugar, and salt.
- Heat oil in a large skillet over medium-high heat. Pour about 2 Tbs. batter into pan, and cook 1 minute, or until edges and part of middle are opaque. Carefully flip and cook remaining side 1–2 minutes, until cooked through.
- **3.** Transfer to serving dish, and serve hot with maple syrup or honey. **per pancake:** 40 cal; 2g pro; 3g total fat (1g sat fat); 3g carb; 30mg chol; 30mg sod; 0g fiber; 2g sugars

Lisa Turner is a certified food psychology coach, nutritional healer, intuitive eating consultant, and author. She has written five books on food and nutrition and developed the Inspired Eats iPhone app. Visit her online at inspiredeating.com.

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## THE TRUTH ABOUT GLUTEN

"Gluten-Free" labels are everywhere, but is gluten really that bad? by Jonny Bowden, PhD, CNS

f you were a visitor from another planet who wandered into a modern-day supermarket, you'd eventually wonder about this weird substance called glutenand why everyone seems to be avoiding it. After all, the label "gluten-free" is everywhere. Annual sales of gluten-free products were estimated at \$10 billion in 2014, and that number is expected to reach \$15 billion by 2016.

#### What Is Gluten, Anyway?

Gluten is a protein found in certain grains (mainly wheat, but also rye, barley, and spelt) that allows dough to rise. It's the sticky stuff that holds things together, and it makes baking a breeze.

A good way to think of gluten—or any protein—is to picture a pearl necklace. When proteins are digested, "hydrochloric acid in the gut undoes the 'clasp,'" says gluten expert Tom O'Bryan, DC. "Enzymes cleave off the 'pearls,' or amino acids, the building blocks of protein." With gluten, however, this process doesn't work. "No human can digest gluten completely," O'Bryan explains. "We just don't have the enzymes. And when you can't break down protein completely, you break it into chunks—like pearl pieces which are called peptides. And these peptides are inflammatory."

#### Intolerance vs. Sensitivity vs. Celiac Disease

Some experts have suggested that gluten sensitivity and intolerance are often misdiagnosed as a wide range of diseases. Shari Lieberman, PhD, CNS, writes that gluten sensitivity can masquerade as everything from digestive disorders to skin disorders, neurological disorders, and even autoimmune diseases. Gluten intolerance is different from celiac disease in that it is not an immune-mediated response. When celiacs eat foods containing gluten, their immune systems go haywire, ultimately damaging the lining of their small intestines. With gluten intolerance, symptoms appear soon after eating wheat or other gluten-containing foods, and they include cramping, flatulence, and diarrhea. Meanwhile, gluten sensitivity is basically a less serious form of gluten intolerance with similar symptoms.

#### Gluten-Free & Weight Loss

You will not automatically lose weight if you remove gluten from your diet. Just because a food is "gluten-free" does not mean it's healthy. Many gluten-free foods are made with substances such as cornstarch or potato starch that can spike blood sugar even more than wheat flour. "This is especially hazardous for anybody looking to drop 20, 30, or more pounds, since gluten-free foods, though they do not trigger the immune or neurological

response of wheat gluten, still trigger the glucose-insulin response that causes you to gain weight," writes cardiologist William Davis, MD, in his New York Times best seller, Wheat Belly. Davis has pointed to considerable research showing that wheat has addictive properties and can impact cravings, mood, and appetite.

#### The Takeaway?

Gluten may trigger inflammation in a lot of people—but not in everyone. For these folks, whole grains can be part of a healthy diet. When it comes to diet, you've got to look at the big picture. "It's important to note that the rise in gluten sensitivity is not only the outcome of hyperexposure to gluten in today's engineered foods," writes neurologist David Perlmutter, MD, author of Grain Brain. "It's also the result of too much sugar and too many pro-inflammatory foods."

#### how do you know if you're gluten-sensitive? There is no available, recognized test for

gluten sensitivity or gluten intolerance. Some people may offer saliva or blood testing, but these tests have not been validated and I don't recommend them. The simplest way to find out if you're gluten-sensitive is a cheap, low-tech method you can do at home called an elimination diet. Simply take gluten (or even better, wheat) out of your diet for two weeks and see if you notice any difference.





## WHERE THERE'S SMOKE ...

Eaten one too many pieces of plain grilled salmon lately? Expand your culinary horizons with savory smoked fish | by Neil Zevnik

**6** y now, we all know that including fish in our daily diets will lead to better health. It's an excellent source of protein that provides an array of vitamins and minerals that are essential for our well-being. But often overlooked are the smoked versions of certain fishes, which can provide a welcome variety and yet still furnish the full health benefits especially omega-3 fatty acids—that make our piscine provisions so vital.

Smoked fish has been consumed by humans for millennia, though initially it was less a delicacy than a necessity. Smoking allowed for the preservation of the day's catch long before refrigeration came along, and seaside villages depended on it for their continued existence. Nowadays, smoked fish is prized for its subtle deliciousness, and has made its way into multiple ethnic and regional cuisines.

Essentially there are two types of smoking—cold and hot. Both processes involve an initial brining of the flesh, followed by exposure to smoke. The cold method doesn't cook the fish, so that it remains raw and must be kept refrigerated. The most familiar example is the smoked salmon usually referred to as "lox." Silky and delicate, it is customarily thinly sliced and used for canapés, appetizers, and salads.

Hot-smoked fish is firmer and generally fully cooked, and is often served flaked or chunked. Trout is the most ubiquitous example of this method, but others include whitefish, mackerel, and the ever-popular British breakfast food "kippers," which is



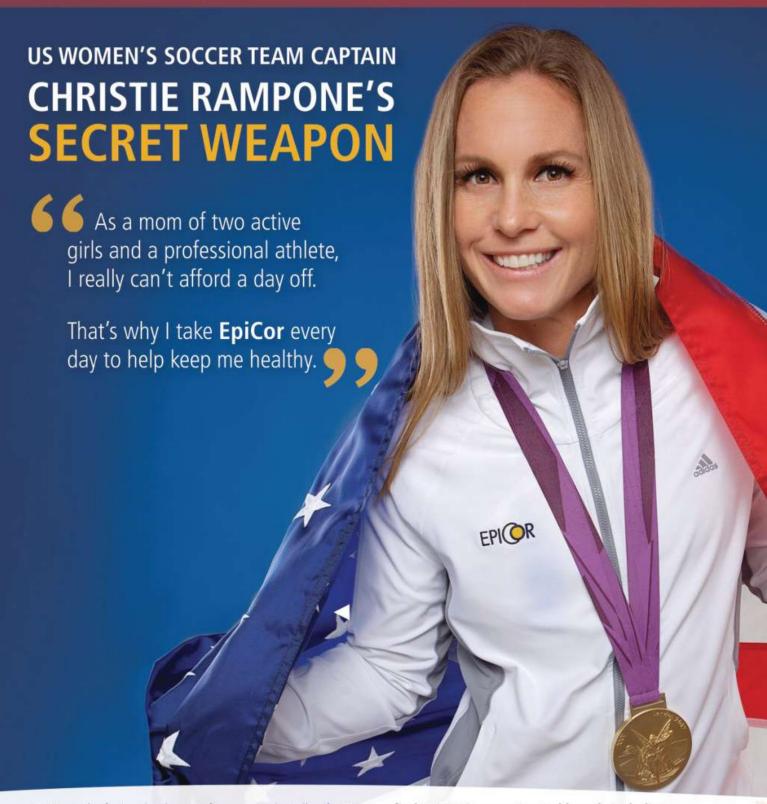
a smoked herring. Specialty items may include such esoterica as smoked scallops, albacore tuna, and even shrimp.

If you're feeling bold and want to try a new culinary adventure, consider doing your own smoking! Inexpensive home smokers are readily available, and tutorials to guide you through the process abound on the Internet. As long as you have a reliable fishmonger, a little patience, and plenty of time, you can create your own unique offerings. Different types of wood chips, from alder to cherry to apple to mesquite, will each impart their own special savor. And if you happen to be an avid fisherman, what better way to utilize your catch and delight your friends and family?

One thing to keep in mind with smoked fish is portion size. Because it has been brined, the sodium content will be higher than usual. Hence, it is best used in smaller amounts: served as nibble food, garnishing a salad, enhancing some soft scrambled eggs. You'll find that its deep flavor profile makes a little go a long way.

Great Graveax Don't forget to try gravlax as well! This is fish most often salmon, arctic char, and similar pink-fleshed species—that is cured, not smoked. Fresh herbs and liquids such as vodka or aquavit (a spicy liquor) used in the curing process make this popular Scandinavian delicacy a unique treat.

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#### kitchen matters



#### **SMOKED SALMON & CUCUMBER CANAPÉS**

#### Makes about 32 canapés

Light, healthy, and visually appealing—the perfect party nibble. Use leftover cucumbers for salad, tossed with any leftover yogurt mix as dressing!

1 cup plain nonfat Greek yogurt

2 Tbs. chopped fresh dill

1 Tbs. microplaned lemon zest

1/2 tsp. coarsely ground black pepper

2 large European seedless cucumbers

8 oz. wild Alaskan cold-smoked salmon, thinly sliced

Tiny sprigs of dill for garnish

- 1. Stir together yogurt, dill, lemon zest, and pepper. Chill at least 1 hour to blend flavors and firm slightly.
- Peel cucumbers partially, leaving four strips of peel on. Slice into quarter-inch rounds.
- 3. Cut salmon into 2-inch pieces.
- 4. Arrange cucumber slices on large sheet pan covered with waxed paper. Place ½ Tbs. of yogurt mix on each slice, top with folded piece of salmon, and add a sprig of dill on top. Refrigerate until ready to serve.

**per canapé:** 30 cal; 5g pro; 1g total fat (0g sat fat); 1g carb; 10mg chol; 5mg sod; 0g fiber; 0g sugars

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- Are you vegetarian?

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#### kitchen matters



#### **SMOKED TROUT & APPLE SALAD**

#### Serves 4

1 Granny Smith apple

2 tsp. plus 2 Tbs. fresh Meyer lemon juice

½ Tbs. apple cider vinegar

1 tsp. Dijon mustard

2 Tbs. avocado oil

8 oz. smoked trout (or other smoked fish), flaked into large pieces

4 cups Little Gem or Boston lettuce leaves, torn

Salt & pepper to taste

2 Tbs. chopped toasted pecans

- 1. Peel and slice apple into thin slices. Toss apple slices with 2 tsp. lemon juice.
- 2. In a jar, combine 2 Tbs. lemon juice, apple cider vinegar, and mustard. Shake well. Add avocado oil, and shake well again.
- Place trout, apples, and lettuce in large serving bowl. Drizzle just enough dressing to moisten lightly, add salt and pepper to taste, and toss very gently. Sprinkle nuts over top.

**per serving:** 230 cal; 17g pro; 13g total fat (2g sat fat); 11g carb; 80mg chol; 70mg sod; 2g fiber; 7g sugars

**Neil Zevnik** is a private chef in Los Angeles who tends to the culinary needs of the rich and famous; blogs about food, nutrition, and the environment for *The Huffington Post*; and volunteers with marine mammal rescue whenever he can. Learn more at neilzevnik.com.





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## TIPS TO HELP YOU EAT GMO-FREE

Want to avoid laboratory-created, genetically modified organisms? October is Non-GMO Month—the ideal time to learn how to remove GMOs from your diet | by Melissa Diane Smith

I want to avoid genetically modified foods, and I've seen lots of • general guidelines to follow, but it's not always easy because GMOs aren't required to be labeled. Is there any way to know which foods contain GMOs so I can be more effective at staying away from them?

- Matt B., Venice, Calif.

few years ago, I realized exactly what you did: general GMO avoidance guidelines aren't enough for many people. This is why I created the Eat GMO-Free Challenge—a series of tips to follow each day for 31 days to help people remove or avoid all sources of GMOs from your diet.

Below you'll find a few suggestions to get you started. You can find the complete Challenge in my book Going Against GMOs or at Eatgmofreechallenge.com.

#### Tip #1

Freely eat all types of vegetables except zucchini and yellow squash, a small amount of which is genetically modified; GM sweet corn, which started to appear in grocery stores in the autumn of 2011; and GM potatoes, which arrived on some grocery shelves this past summer. Seek out organic versions of these veggies.

#### Tip #2

Enjoy all types of fruit except papaya, especially papaya grown in Hawaii or China, most of which is genetically modified. Look for organic papaya, or choose non-GMO varieties such as Mexican red or Singapore pink, as well as varieties grown in Brazil, Belize, or Mexico. (Also, beware of GM apples, which are slated to arrive in 2016. See p. 68 for more on GM apples.)

#### Tip #3

Remember the 3 Cs (corn, canola, and cottonseed) and 2 Ss (soybeans, and sugar from sugar beets). These are the most common genetically modified crops.

#### Tip #4

To avoid GM corn, read product labels and avoid those with obvious corn-based ingredients. Examples include corn oil, corn syrup, high-fructose corn syrup, corn starch, corn meal, corn masa (as in tamales), and maize starch. Steer clear of

Melissa Diane Smith is a trusted, internationally known journalist and holistic nutritionist who specializes in using food as medicine and has clients across the country. She is the author of Going Against GMOs, Going Against the Grain and Gluten Free Throughout

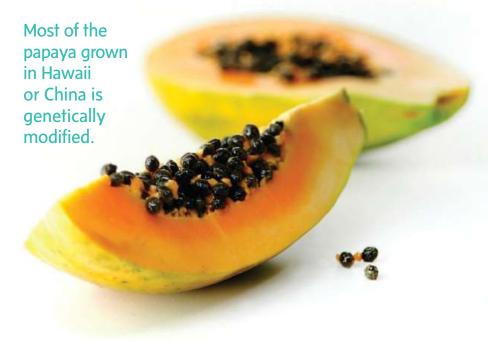
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You can now choose from 1,733 Non-GMO Project Verified brands and more than 30,000 Non-GMO Project Verified products, in categories ranging from groceries to supplements to pet food. Watch for non-GMO featured products and specials at natural food stores that are participating in Non-GMO Month in October.

In order to earn the Non-GMO Project Verified label, a product must undergo a rigorous review process by the Non-GMO Project, which operates North America's only third party verification program for non-GMO food and products. The program includes testing of at-risk ingredients.

You also can avoid GMOs by buying products that have the USDA Organic label. The use of GMOs is prohibited in organic products.



sweet corn and all foods that contain corn-based ingredients (including corn tortillas, corn chips, polenta, and corn grits) unless they're labeled USDA Organic or Non-GMO Project Verified.

#### Tip #5

To avoid GM canola, look for canola oil in lists of ingredients and avoid products that contain it unless they're labeled USDA Organic or Non-GMO Project Verified. Canola oil is found in a wide range of products, including pasta sauces, salad dressings, mayonnaise, snack foods, prepared foods, and frozen entrées.

#### Tip #6

To avoid GM cottonseed, look for cottonseed oil in product ingredients and avoid those that contain it. Cottonseed oil is sometimes found in roasted nuts, snack foods, bread, and certain canned fish items. Look for organic pastured eggs from chickens that aren't fed GM corn or soy.

#### **Tip #7**

To avoid GM soy, look for food products that say: Contains Soy (it should be clearly listed because soy is a common allergen); or check the ingredients. Common examples of soy-based ingredients include soy protein, soy flour, soy sauce, soybean oil, soy milk, and soy lecithin. Tofu, tempeh, and miso are other sources of soy. Steer clear of foods with these ingredients unless they're labeled USDA Organic or Non-GMO Project Verified.

#### Tip #8

Purchase Non-GMO Project Verified eggs or organic pastured eggs (from chickens







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#### ask the nutritionist

#### **UPSETTING THE APPLE (OR POTATO) CART**

Despite widespread public distrust of genetically modified (GM) foods, the U.S. Food and Drug Administration in March approved six varieties of a GM potato (engineered by the J.R. Simplot Company to have reduced bruising and fewer black spots) and two varieties of a GM apple (engineered by Okanagan Specialty Fruits, Inc., to resist browning when cut or bruised).

One variety of the GM potato was already being sold in some supermarkets, and GM apples are estimated to start appearing on some grocery store shelves in 2016.

To steer clear of apples and potatoes that are genetically modified, seek out those that are labeled USDA Organic. Even if potatoes and apples are not genetically modified, it's a good idea to buy organic: Apples and potatoes are listed on the Environmental Working Group's Dirty Dozen list of produce items that have the highest amounts of pesticide residues.

that are not fed corn or soy that has been genetically engineered).

#### **Tip #9**

Be careful about what you drink. Most conventionally sweetened beverages contain GMOs, including soft drinks, iced tea, and coffee drinks such as lattes. Look for alternatives sweetened with stevia or other natural sweeteners.

#### Tip #10

To avoid sugar from GM sugar beets, read product labels and don't buy foods that contain "sugar" or "beet sugar" in their ingredients. When not specified as sugar from sugar cane, "sugar" in a list of ingredients almost always means a combination of sugar from sugar cane (which isn't genetically modified) and sugar from sugar beets (which are genetically modified).

#### Tip #11

Avoid processed foods and convenience foods as much as possible. Because almost all conventional corn, soy, and sugar beets grown in this county are genetically modified and subsidized by our government, they're inexpensive and end up in about 75–80 percent of processed foods in different forms.

#### Tip #12

Cook with unrefined extra virgin olive oil or coconut oil instead of conventional butter, canola oil, vegetable oil, corn oil, or soybean oil. Conventional butter can contain GMOs, and the latter four oils almost always contain GMOs. If you want to cook with butter, buy organic butter, preferably organic pasture-raised butter.

#### Tip #13

Switch to organic, grass-fed meats and wild-caught fish and seafood. Conventionally raised animals are usually fed GMO corn and GMO soy-based diets, and farm-raised fish are typically fed GMO feed, as well.





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## **CRUNCH TIME**

Is it possible to make crispy chicken nuggets that are actually good for your family? Yes! | by Jonny Bowden, PhD, CNS, and Jeannette Bessinger, CHHC

Let me ask you a question:
What part of the chicken is a "nugget?" And where on the planet can you find a "natural" chicken nugget? I've never seen one, and I doubt you have either. (For an in-depth look at what really goes into typical fast-food comfort foods, check out Pandora's Lunchbox: How Processed Food Took Over the American Meal by Melanie Warner.)

The bottom line is that "healthy fast-food nuggets" is an oxymoron. They're a terrific comfort food, but they're usually deep-fried in reused vegetable oil and coated in



a batter that contains sugar, white flour, and artificial flavors and colors. But—and this is a big "but"—they sure do taste great. And who wouldn't love to have all that taste without the negatives?

Well, your wait is over. This recipe is lower in calories than conventional nuggets; it's baked instead of fried; and it's much higher in fiber, thanks to the flaxseeds (which also contain valuable cancer-fighting lignans as opposed to cancer-causing chemicals). Chef Jeannette did a ton of testing to get this recipe exactly right, even incorporating corn flakes to keep them extra crispy. Give them a try, and we'll bet that you—and your family—will never want to go back to those mystery nuggets again. —Dr. Jonny

#### notes from ... CHEF JEANNETTE, THE CLEAN FOOD COACH

Using tenders for the nuggets is a great choice because they are convenient and low-calorie. Chicken tenders, taken from the breast meat around the ribs, are the leanest meat on the chicken and they cook up very quickly. But if you'd prefer to use whole breast, place the meat in the freezer for 10 minutes before slicing to firm up the flesh and make it easier to cut.

You can easily double or triple the recipe and batch these nuggets for convenience. To freeze them, place the prepared raw nuggets in one layer on cookie sheets, cover lightly with plastic wrap, and freeze overnight or until solid. Once frozen, you can store them in quart or gallon-sized zip-closure freezer bags (press the air out of the bag before sealing) and take out as many as you need for a meal. For best results, thaw them in the fridge overnight and cook according to recipe directions. They won't be quite as crispy as fresh-cooked ones, but will still taste great.

#### **CRISPY CHICKEN NUGGETS**

#### Serves 4

Kids love this healthy take on a dinnertime favorite.

#### Nuggets:

1½ cups organic, no-added-sugar cornflakes (such as Nature's Path)

1/4 cup shaved Parmesan cheese

1 Tbs. ground flaxseed

1/2 tsp. garlic powder

1/2 tsp. onion powder

1/4 tsp. fresh ground black pepper

1/4 tsp. cayenne pepper, optional

½ tsp. salt, divided

1 egg

1½ lbs pastured chicken tenders or chicken breast cut into 2-inch strips

#### Dip:

1 Tbs. fruit-sweetened apricot jam 2 Tbs. Dijon mustard ¼ cup plain organic yogurt

- Preheat oven to 400°F. Spray cookie sheet with light coating of high-heat cooking spray. Combine cornflakes, cheese, flaxseed, powders, peppers, and ¼ tsp. salt in food processor or blender, and pulse or grind until it makes crumbs. Pour into shallow bowl.
- In separate shallow bowl, lightly beat egg and remaining ¼ tsp. salt. Dip each tender into egg to thoroughly coat, then roll in corn flake mixture until thoroughly covered.
- Lay tenders uniformly on prepared cookie sheet, and bake about 12 minutes, or until coating is crisp and chicken is cooked through.
- 4. While chicken is cooking, whisk together dip ingredients in small bowl, and serve on the side as a dipping sauce for warm tenders

per serving: 580 cal; 31g pro; 30g total fat (7g sat fat); 43g carb; 120mg chol; 1570mg sod; 3g fiber; 5g sugars

**Jeannette Bessinger, CHHC,** is a certified holistic health counselor and recipe developer. **Jonny Bowden, PhD, CNS,** is a nationally known health, nutrition, and weight-loss expert. Bessinger and Bowden have collaborated on numerous cookbooks, including *The 150 Healthiest Slow Cooker Recipes*. Visit them online at thecleanfoodcoach.com and jonnybowden.com.

## product spotlights

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## MILKIN' IT

#### Make nut, hemp, and oat milks in your own kitchen | by Lisa Turner

ne of the hardest foods to give up on a vegan diet is cold, rich, creamy milk. Unfortunately, packaged nondairy milks often contain vegetable oils, soy, synthetic vitamins, or carrageenan, a seaweed-derived thickener that's been implicated in gut irritation and inflammation. The solution: DIY dairy-free milks made from nuts, seeds, grains, and even fruit. Try these fast, simple swaps for cow's milk:

#### **INSTANT CASHEW MILK**

#### Makes about 4 cups

Using cashew butter eliminates the need for soaking nuts and straining milk. Adjust the quantity of cashew butter to desired thickness.





3½ cups cold, filtered water

3/4 cups cashew **butter** 

2 tsp. honey (optional)

- 1. Combine all ingredients in high-speed blender, and purée until smooth and creamv.
- 2. Serve immediately, or chill for several hours.

**per cup:** 280cal; 8g pro; 24g total fat (5g sat fat); 13g carb; 0mg chol; 190mg sod; 1g fiber; 2g sugars

#### **BANANA-HEMP MILK**

#### Makes about 4 cups

This sweet and rich milk is easy to make—no straining required. It's high in potassium, and hemp seeds add healthy fats and extra protein. Use it in baked goods, on oatmeal, or as a base for smoothies.







3 large bananas

4 cups filtered water

1/4 cup hemp seeds

- 1. Combine bananas, water, and hemp seeds in high-speed blender, and process until smooth.
- 2. Serve immediately, or chill for several hours.

per cup: 150cal; 4g pro; 5g total fat (0g sat fat); 25g carb; 0mg chol; 0mg sod; 3g fiber; 13g sugars

#### **OAT MILK**

#### Makes about 4 cups

This fast, easy-to-make milk has a mild, slightly sweet flavor and is an ideal milk substitute if you have nut allergies. Oats don't contain gluten, but may be contaminated by gluten from processing facilities, so look for gluten-free oats if you're sensitive.



1 cup steel-cut oats



3 cups filtered water

- 1. Combine oats with water (enough to cover) in bowl, and let stand 30 minutes. Drain and rinse with fresh
- 2. Transfer soaked oats to highspeed blender, and add 3 cups filtered water. Process until smooth and creamy. Strain through cheesecloth or nut milk bag into glass jar, squeezing oats to fully extract milk.
- 3. Serve immediately, or chill several hours before serving.

per cup: 140cal; 6g pro; 3g total fat (1g sat fat); 27g carb; 0mg chol; 0mg sod; 4g fiber; 0g sugars

#### VANILLA ALMOND MILK

#### Makes about 4 cups

This more traditional method yields a smooth, white milk with the consistency of low-fat milk. Dates and vanilla add flavor and sweetness—leave them out if you need something more savory.



1 cup raw almonds

3½ cups cold, filtered water





2 large, pitted mediool dates

#### 1 tsp. vanilla extract

- Rinse and drain almonds. Combine with cold water (enough to cover by 2 inches) in clean glass jar, and soak 8 hours, or overnight. If soaking more than 8 hours, refrigerate during soaking. After almonds have soaked, drain and discard water, and rinse almonds.
- 2. Combine almonds with cold, filtered water and dates in high-speed blender, and blend until almonds are finely ground and mixture resembles thick milk. Strain through cheesecloth or nut milk bag into glass jar, squeezing almond pulp to fully extract milk. (Keep pulp and add to baked goods or muffins.)
- 3. Stir in vanilla extract, and serve immediately, or chill for several hours.

per cup: 220cal; 7g pro; 15g total fat (1g sat fat); 14g carb; 0mg chol; 0mg sod; 5q fiber; 9q sugars

Lisa Turner is a certified food psychology coach, nutritional healer, intuitive eating consultant, and author. She has written five books on food and nutrition and developed the Inspired Eats iPhone app. Visit her online at inspiredeating.com.





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